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YOUR DOCTOR MUST SEE YOU IN TWO WEEKS

By **Steph Spyro** Political Correspondent

ALL patients must be given a GP appointment within two weeks – and urgent cases seen the same day, Therese Coffey has vowed.

The Health Secretary has promised to direct "a laser-like focus" on the needs of patients.

Today she will set out in the Commons plans to ease the winter pressures facing the health service.

A drive to improve access to GP appointments will be the centrepiece of the Government's Our Plan for Patients initiative.

Ms Coffey, *left*, will say: "I will put a laser-like focus on the needs of patients, making their priorities my priorities and being a champion for them on the issues that affect them most. Our Plan for Patients will make it easier to get a general practice appointment and we will work tirelessly to deliver that, alongside supporting our hardworking GP teams.

"We know this winter will be tough and this is just the first step in our work to bolster our valued NHS and social care services so people can get the care they

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ANALYSIS

BARONESS HOEY

PRIME Minister Liz Truss has only been in Downing Street a couple of weeks and for much of that time she has been immersed with the aftermath of the Queen's death.

Yet there are already signs she has rattled the European Union and Irish government.

When Foreign Secretary she quickly grasped the problems with the Northern Ireland protocol, finding the patronising attitude of EU officials unacceptable.

Commissioner Sefcovic was not going to sweet talk her. Neither were Joe Biden and the EU's Ursula von der Leyen in New York.

The cost-of-living crisis will be a top priority for the PM, but the crucial test of whether she will govern as a Conservative and Unionist is if she shows no weakening in her determination to restore Northern Ireland to its rightful place in the UK.

Threats from Brussels have been increasing. One is there will be "no negotiations, flexibility or creativity" unless the Bill is withdrawn.

The EU is pursuing legal action against the Government seeking to stop the grace periods on food, parcels and animals going from Great Britain to Northern Ireland and, more shockingly, also demanding checks on goods going from NI to GB, which is completely new.

Pain

Such checks would have nothing to do with the protection of the EU's Single Market and can only be interpreted as an attempt fully to cleave NI away from GB.

The Government was to have responded by September 15.

That date has come and gone. And so far no EU reaction.

Despite the protocol not being implemented fully, the latest data from the Office for National Statistics showed Northern Ireland's economic performance was worse than the three other home nations.

The barriers to trade caused by checks and controls are causing economic pain to business and the population.

But more outrageously is the fact that the fundamental constitutional pillars of the UK are being dismantled.

The Belfast/Good Friday Agreement has been ripped apart and the Act of Union has been subjugated.

There is no functioning NI Assembly and Unionists have made it clear that they will not re-enter Stormont until the protocol has been ditched.

Of course, officials will warn against radical action but as a new Prime Minister, Ms Truss should trust her own instincts and act.

Saving the Union needs courage, not cowardice.

'Britain and the US

By **Sam Lister**
Political Editor in New York

PRESIDENT Joe Biden and Prime Minister Liz Truss are racing to meet a six-month deadline to break the deadlock over Brexit rules.

British officials want the row resolved in time for the 25th anniversary of peace in Northern Ireland. It would also pave the way for a state visit by the US President to mark the milestone.

Yesterday the two leaders stood shoulder to shoulder against Russian aggression in Ukraine. Ms Truss had earlier accused Vladimir Putin of "sabre rattling".

The Prime Minister told the President the UK and the US are "steadfast allies" as she thanked him for his support following the death of the Queen.

She added: "Of course I'm looking forward to discussing the Belfast Good Friday Agreement and how we make sure that's upheld into the future."

Brussels has taken a hardline approach to imposing the customs rules agreed in the Brexit deal, which has inflamed tensions in the region. The Northern Ireland Executive remains suspended after the Democratic Unionist Party walked out over the new border checks.

Tensions over the protocol have spilled over into relations between the US and UK with a trade deal now on the backburner.

Agreement

But President Biden was keen to emphasise unity at the start of the talks with Ms Truss.

He said: "I look forward to working closely with you.

"You're our closest ally in the world and there's a lot we can continue to do together. We are both committed to protecting the Good Friday Agreement of Northern Ireland."

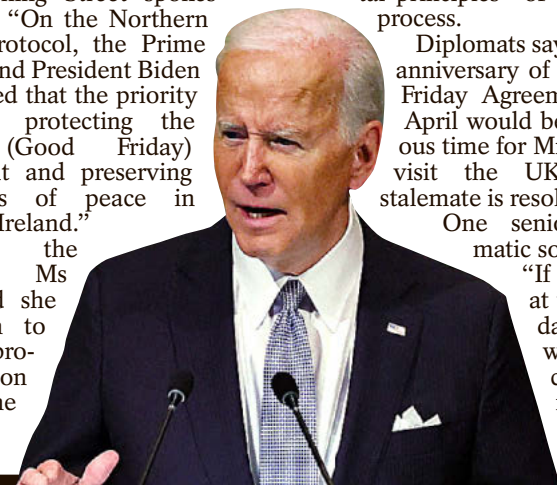
Their first top-level talks, held on the fringes of the United Nations General Assembly, ran over the allotted hour by 15 minutes and were described as "very warm".

A Downing Street spokesman said: "On the Northern Ireland Protocol, the Prime Minister and President Biden both agreed that the priority must be protecting the Belfast (Good Friday) Agreement and preserving the gains of peace in Northern Ireland."

Before the meeting Ms Truss said she was keen to make progress on ending the deadlock.

US national security adviser Jake Sullivan said the protocol would be discussed "in some detail" with Ms Truss. He said the President "will encourage the UK and the European Union to work out an effective outcome that ensures there is no threat to the fundamental principles" of the peace process.

Diplomats say the 25th anniversary of the Good Friday Agreement next April would be an obvious time for Mr Biden to visit the UK if the stalemate is resolved.

One senior diplomatic source said: "If you look at the calendar you will conclude that next year might be

Picture: STEFAN ROUSSEAU/PA

Down to business... Liz truss holds talks with Joe Biden

PM 'considering' political entente plea by Macron

By **Sam Lister**

A FRENCH request for Britain to be involved in a new European political community is being taken seriously by the Prime Minister, sources said last night.

Government insiders said Liz Truss would consider attending talks in the Czech Republic's capital Prague next month, provided they focused on tackling energy security and the small boats migrant crisis.

French president Emmanuel Macron raised his plan for a new informal grouping directly with Ms Truss when they met in New York on Tuesday.

Brexiteers, however, fear Mr Macron wants to use a new alliance to drag Britain back into the EU's orbit.

Ms Truss is understood to be sceptical about the grouping and will look at involvement only if it will lead to "delivery" on key issues.

A senior Government source said: "We are taking it seriously and looking at it. It's a relatively new idea.

"What we would have to see is it has a very focused agenda.

"That's the test the Prime Minister will make when assessing how best to engage with it."

Ms Truss met European Commission president Ursula von der Leyen in New York yesterday, as tensions continue over the way that Brussels is imposing Brexit rules in Northern Ireland.

The pair also declared Vladimir Putin's drafting of reservists to Ukraine a "sign of weakness".

After the talks, they released a joint statement saying they "strongly condemned" Russia's actions in Ukraine. It added: "They also agreed that Putin's recent calls to mobilise parts of the population were a sign that Russia's invasion is failing."

Ms von der Leyen later said she had a "good discussion" with Ms Truss on EU-UK relations and Putin's war in Ukraine.

PM with Mr Macron

remain steadfast allies'

an obvious reason to visit Europe if things come good."

Mr Biden, who has Irish heritage, has repeatedly intervened to warn the UK against ripping up the Brexit rules. But diplomats insisted that behind the scenes the UK has a valid argument about the way some rules are being imposed.

Americans want allied unity on every issue possible while the West battles Russian aggression, the insider said. They want to see a "negotiated outcome" between the EU and the UK.

The source added: "They believe that we have a good point on some of the trading issues, the goods actually getting to the shelves, and they are prepared to tell the EU that.

"But they continue to urge both sides to go for a negotiated settlement." Former Labour Prime Minister Sir Tony Blair has been working behind the scenes to find ways to resolve tensions and has been "explaining why the EU proposals will not work".

And the source added: "He doesn't agree with the government on every point, but he certainly has been a helpful voice in that."

A spokesman for Sir Tony declined to comment.

Ms Truss, who met President Biden before becoming Prime Minister, had hoped to make a visit to the White House this week but the trip to the US was curtailed following the death of the Queen.

Officials are now advising her to wait until after the mid-term elections in the US before making a formal visit to Washington.

Dame Karen Pierce, Britain's ambassador to the United States, said the "special relationship" between the UK and US is as "strong as it ever has been".

And she added: "I think the President and the Americans have some understanding that trade disruption is not helpful in the context of bringing communities together."

Mr Biden and Ms Truss were meeting after the president sent a tweet just as the PM was discussing her economic policy, which said he was "sick and tired of trickle-down economics".

"It has never worked," he said.

The comments underlined the differences between the two leaders' stances just as Ms Truss says she wants to foster closer ties with international allies.

The Prime Minister's official spokesman said it was "ludicrous" to suggest Mr Biden was criticising UK policy, arguing each country is facing different economic challenges.

BIDEN 'AMAZED AND OVERWHELMED' BY THE THOUSANDS WHO QUEUED UP FOR QUEEN

By **Dominic McGrath**

JOE Biden has spoken of his amazement at the thousands of people who joined the queue for the Queen's lying-in-state.

The US president, speaking at the UN summit in New York, described it as an "honour" to be able to pay his respects to the late monarch in Westminster Hall.

Mr Biden was among the hundreds of world leaders who gathered in London for Her Majesty's funeral on Monday. The president made reference to the scale of the queue, which stretched across London and saw many mourners waiting overnight in chilly conditions for their chance to say goodbye to the monarch.

Around 250,000 people are believed to have filed past the Queen's coffin.

Mr Biden said he was overwhelmed" to see the thousands of people who queued through the night. He added: "It was an honour for my wife and I to be able to pay our respects" both in Westminster Hall and then at the funeral at Westminster Abbey.

"I was amazed and overwhelmed by the affection of the British people and the world, quite frankly, even the thousands and thousands of people who stayed all night just to pay their respects was enormous."

HEALTH SECRETARY'S

'I'll put a laser-like focus

FROM PAGE ONE

need." Under her list of priorities, the secretary of state has promised to tackle ambulance wait times, backlogs, social care, doctors and dentists.

As part of the plan, pharmacies will ease pressures on family doctors by managing and supplying more medicines, such as those for contraception, without a GP prescription.

This could free up to two million appointments a year, the Department for Health and Social Care (DHSC) said.

The Government plans to introduce advanced telephone systems to make it easier for patients to get through to their doctor's surgeries from November.

And it intends to free-up funding for practices to employ more staff, including GP assistants and advanced nurse practitioners.

Ambitious

Amanda Pritchard, NHS chief executive, said: "NHS staff are working incredibly hard to deliver record numbers of GP appointments for patients, with 11 million more this year so far than the same period last year.

"We will work with the government so we can support NHS staff to deliver these new ambitions for patients, underpinned by the development of a long term workforce plan."

Matthew Taylor, chief executive of the NHS Confederation, said: "We are weeks away from what many predict will be the most extreme winter pressures that the NHS has ever faced.

"There is a lot riding on the secretary of state's emergency plan. We welcome her taking the opportunity to set out the extra support that the Government will provide to help mitigate the risks to patient safety that local services are facing. We have days and weeks to get this right or risk a health emergency this winter."

Devoted...Ms Pritchard said NHS staff are working hard

Forecasts from Doctors' Association UK suggests up to 16 million people in England could be left without access to a GP due to growing staffing shortages.

Longer working hours and an increased workload has led to many doctors leaving the sector in recent years.

Figures from the Health Foundation in July showed a shortage of around 4,200 full-time equivalent GPs, which is projected to rise to around 8,900 in 2030/31.

There is a severe backlog for hospital treatments which have been exacerbated by the pandemic.

Significant ambulance waiting times and a lack of available dentist appointments have also put a strain on patients and medical staff across the country.

Meanwhile, the number of people stuck in hospital beds who are fit to be discharged is on the rise and currently higher than last winter.

According to NHS England figures, last month an average of 13,388 people a day were in beds but considered fit to leave. The figure was 10,925 people a day last December.

Patients get stuck in hospital when there is insufficient social care support in the community for them to be sent home.

David Fothergill, chairman of the Local Government Association's Community Wellbeing board, said: "Urgent support is needed for social care ahead of what is likely to be a very difficult winter.

"Comprehensive funding of adult social care will not only alleviate pressure on the NHS, but will mean thousands of people are able to live an equal life."

A spokeswoman for the DHSC confirmed the GP appointments plan includes those that are in-person and virtual, although patients' preference would be a priority.

NHS Digital figures showed 65 per cent of consultations were made in-person across England in July, compared with more than 80 per cent before Covid.

The Royal College of GPs was unimpressed with the plan. It said around 85 per cent of appointments in general practice already happen within two weeks, with 44 per cent delivered on the day.

Professor Martin Marshall, chair of the Royal College of GPs, said: "It's a shame the Health Secretary didn't talk to the College and to our members on the frontline before making her announcement because we could have informed her of what is really needed to ensure a GP service that meets the needs of patients and is fit for the future.

Strategy

"Lumbering a struggling service with more expectations, without a plan as to how to deliver them, will only serve to add to the intense workload and workforce pressures GPs and our teams are facing, while having minimal impact on the care our patients receive.

"Today's announcement is not a plan. We need to see the implementation of a new recruitment and retention strategy that goes beyond the target of 6,000 GPs pledged by the Government in its election manifesto, funding for general practice returned to 11 per cent of the total health spend, investment in our IT systems and premises, and steps to cut bureaucracy so that we can spend more time delivering the care our patients need and deserve."

The Deputy Prime Minister also plans to urge the public to join a "national endeavour" to support the struggling health and social care sector.

She plans to issue the clarion call to volunteers who helped the NHS during the pandemic.

OPINION: PAGE 12

Picture: GETTY

Tax cut could give the economy a £26bn boost

By **Martyn Brown**

CANCELLING Rishi Sunak's corporation tax rise could boost the UK economy by tens of billions of pounds, according to two leading think tanks.

The Centre for Policy Studies and the Tax Foundation said Chancellor Kwasi Kwarteng's widely expected cut will increase GDP by 1.2 per cent – equivalent to £26 billion.

They added it could also lead to a two per cent increase in investment, while wages could rise by more than one per cent.

Both institutes have called on the Chancellor to radically reform the UK corporate tax system.

Mr Kwarteng is due in Friday's emergency budget to set out plans to reverse the planned rise in corporation tax, from 19 per cent to 25 per cent.

He is expected to argue that this will boost investment and help stave off a recession.

Mr Sunak, inset, became the first Chancellor in 47 years to increase corporation tax when he told MPs in 2021 that the headline rate would begin rising over five years to 25 per cent from April 2023.

CPS' head of tax, Tom Clougherty, said: "The Government now has an opportunity to radically reform the UK corporate tax system.

"There is no doubt that each of the reforms put forward would be an improvement.

"But by opting for the most radical option – full expensing, – the Government will maximise business investment, boost productivity and deliver the higher levels of GDP growth that the country desperately needs.

"If growth is the goal, it pays to be as bold as possible."

Daniel Bunn, the Tax Foundation's executive vice president, said: "An aggressive, pro-growth tax agenda is the only way for the Government to deliver the long-lasting change the UK needs to emerge from its current slump.

"Being radical, introducing full expensing and extending it to structures and buildings is the only real answer for how to move forward."

Stamp duty

By **Martyn Brown**
Deputy Political Editor

STAMP duty is set to be slashed as part of radical plans to help drive economic growth.

Chancellor Kwasi Kwarteng is expected to announce the move in tomorrow's emergency budget.

Both he and Liz Truss believe it will boost the economy by allowing more people to move and enabling first-time buyers to get on the property ladder.

It comes as figures show UK house sales surged 7.6 per cent in August. The fiscal statement will also include plans to reverse the national insurance rise and freeze corporation tax, two measures that will cost £30billion a year between them.

Ms Truss is also considering bringing forward plans to cut income tax by 1p in the pound from 2024 to next year, although this is likely to be reserved for a full budget before the end of the year.

Downing Street refused to comment on whether any of the measures would be in the Chancellor's statement.

Under the present system no stamp duty is paid on the first £125,000 of a property purchase.

Between £125,001 and £250,000 stamp duty is levied at two per cent, between £250,001 and £925,000 it is five per cent, £925,001 to £1.5 million is 10 per cent and anything above £1.5million is 12 per cent. For first-time buyers the threshold at which stamp duty is paid is £300,000.

During the pandemic the stamp duty threshold was increased temporarily to £500,000 to help

on the needs of patients'

Pressure...the NHS and social care system is under unprecedented strain following the pandemic and faces what is predicted to be its most difficult and demanding winter

'Don't U-turn on policies to fight blight of obesity'

By **Hanna Geissler**

LIZ Truss has been urged not to abandon anti-obesity measures – including the soft drinks sugar levy and junk food advert restrictions – by a coalition of more than 70 health organisations.

The Prime Minister has launched a review of England's anti-obesity plan.

And her move comes after a planned ban on "buy one get one free" deals for unhealthy food and a 9pm watershed for TV adverts of junk food was delayed for a year by Boris Johnson.

Ms Truss may also scrap the soft drinks levy, which slashed the amount of sugar in soft drinks by 30 per cent.

An open letter from the Obesity Health Alliance argues that tackling child obesity and preventable illness is crucial if the Government wants to clear the NHS backlog and level up the country.

It said: "In an average class of 30 Year Six children, 12 will be overweight or obese. You can make it easier for them to have a healthy, productive future."

The policy plans sparked a revolt from some MPs and Cabinet ministers who oppose a nanny state – while others said the measures would pressurise families already facing a cost-of-living crisis.

But the letter argues that average tax bills are far higher in countries with high levels of obesity, due to its impact on society and public services.

Professor Graham MacGregor, of Action on Sugar and Action on Salt, told ministers not to "kowtow to the food industry", adding: "It would be scandalous if our new Prime Minister does not fully examine the extensive evidence supporting these policies."

hope for home buyers

HOUSEHOLDS BRACE FOR BIGGEST MORTGAGE RISE IN 33 YEARS

HOMEOWNERS and would-be buyers find out today if they will face higher mortgage bills.

Some experts predict the Bank of England could hike the base rate by 0.75 per cent – from 1.75 to 2.5 per cent – the largest increase in 33 years.

Any rise would be the seventh since December as the Bank battles soaring inflation.

And it will ramp up the cost of debt for mortgage-holders.

Average repayments on new

By **Sarah O'Grady**
Social Affairs Correspondent

fixed rate mortgages has climbed by 34 per cent this year. A two-year fixed loan is up £284 a month, to £1,098. Payments on three-year fixed loans are up £274, to £1,075.

Ross Boyd, of mortgage comparison site Dashly, said a 0.75 per cent rise could result in "a serious slowdown" in the property market. And Jonathan Samuels, chief of specialist lender Octane Capital, warned: "Those looking to purchase now will be paying hundreds of pounds more, compared to a few months ago."

The base rate is predicted to hit 3.75 per cent by the end of the year and 4.5 per cent in 2023. But Rightmove's Tim Bannister said that could make some buyers "rush" to fix their mortgages now – "before rates rise further".

stimulate the property market. The Prime Minister has previously said that cutting stamp duty is "critical" to economic growth.

As Chief Secretary to the Treasury she said that the highest rate of stamp duty, which was introduced by George Osborne, was "clogging up" the housing market and leading to fewer transactions. Although successive Tory chancellors have cut stamp duty at lower levels, it is a big source of income for the government, raising about £12billion a year.

Institute for Fiscal Studies economist Ben Zaranko said: "Stamp duty is a bad, distortive tax.

"Not much to be said in its defence apart from the fact that it raises quite a lot of revenue. This could be a positive move if – and it's admittedly a huge if – this is the start of a wider overhaul of how we tax housing in the UK.

"Stamp duty has been around since 1694 but maybe it's time to reform how we tax land and property."

John O'Connell, chief executive of the TaxPayers' Alliance, said: "It is a highly destructive tax, harming economic growth by impacting decisions like downsizing or moving for a new job.

"Increasing stamp duty so that only millionaires need pay would mean plenty of people living in houses that are too big or too small can move, and workers can relocate to new jobs more easily."

But Sarah Coles, a senior personal finance analyst at Hargreaves Lansdown, said stimulating housing market demand could push house prices up further, amid rising mortgage rates.

Ms Coles said: "The real brake on the property market is a severe shortage of supply.

"Stimulating demand without addressing supply problems would risk more buyers chasing a tiny number of properties, which would push prices up."

The average UK house price leapt by 15.5 per cent annually in July, the biggest rise in 19 years.

£3bn is reaped in death duties

By **Sarah O'Grady**

GRIEVING families have been forced to pay a "death tax" of almost £3billion this summer.

As much as £2.9billion in inheritance tax receipts was banked by HM Revenue & Customs between April and the end of August. This is a £300million increase from the same period last year.

Increasing numbers of people are becoming higher rate tax payers on their death as soaring property prices push their estate over the £325,000 threshold at which the levy becomes payable.

By 2026-27, £7.6billion is expected to be generated

Shaun Moore, tax and finance expert at Quilter, said: "In years gone by, although universally hated, IHT was something only the very wealthy suffered. Now more and more people are getting caught in the IHT net."

WEATHER FORECAST

Today's summary: Cloudy with rain in the north

North West: Wet and cloudy with heavy rain and then showers later. Brisk south-westerly winds. High 18C (64F).

Northern Ireland: Mainly cloudy with heavy showers. Drier and sunnier later. Gentle north-westerly winds. High 16C (61F).

Wales: Dry with sunny spells and patchy cloud. Risk of rain later. Gentle south-westerly winds. High 19C (66F).

Midlands: A dry day with spells of sunshine and patchy cloud. Moderate south-westerly winds. High 20C (68F).

North East/Yorks: Mainly dull and cloudy with light rain, especially later. Gentle south-westerly winds. High 20C (68F).

Scotland: Overcast and cloudy with outbreaks of heavy rain expected. Moderate westerly winds. High 18C (64F).

East Anglia: Dry and bright with hazy sunshine and variable cloud. Moderate southerly winds. High 21C (70F).

London/South East: Dry and fine with variable amounts of sunshine. Gentle south-westerly winds. High 20C (68F).

South: Dry and fine with spells of rather hazy sunshine. Gentle south-westerly winds. High 20C (68F).

South West: Dry for a while with spells of hazy sun, but showers later. Moderate south-westerly winds. High 20C (68F).

Channel Isles: Dry with sunny periods and variable amounts of cloud. Gentle southerly winds. High 19C (66F).

Sea: North Sea: Moderate. Irish Sea: Rough. Channel: Moderate.

UK OUTLOOK TOMORROW: Cloudy with showers and spells of rain across southern and central England. Drier and brighter elsewhere with sunny spells and the odd shower.

SIX-DAY FORECAST
Temperatures in Centigrade

	FRI min	FRI max	SAT min	SAT max	SUN min	SUN max	MON min	MON max	TUE min	TUE max	WED min	WED max
London	11	18	9	18	10	18	8	15	8	14	9	16
Belfast	8	16	8	15	10	16	7	12	8	12	9	13
Birmingham	9	17	6	16	10	16	6	14	7	13	8	14
Cardiff	10	20	8	18	11	17	7	15	8	14	9	15
Glasgow	6	16	8	15	10	15	5	13	8	13	8	14
Manchester	8	17	7	16	11	15	6	13	7	13	8	14
Newcastle	6	16	5	13	10	15	5	11	6	11	7	12
Norwich	12	18	10	17	10	17	9	14	8	13	9	14
Plymouth	11	19	10	18	12	18	10	16	11	14	11	16

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	TEMP (max)
Aberdeen	9.9	0.00	9	20
Aberporth	5.6	0.00	10	19
Alnwick	6.3	0.00	9	18
Belfast	2.8	0.00	13	18
Birmingham	3.5	0.00	12	19
B'mouth	10.2	0.00	4	20
Bristol	6.3	0.00	12	20
Cardiff	7.3	0.00	9	19
Durham	7.3	0.00	8	17
Edinburgh	5.6	0.00	8	18
Glasgow	2.3	0.00	10	18
Hull	2.9	0.00	8	19
Ipswich	0.5	0.00	8	18
Leeds	4.7	0.00	8	19
Lincoln	0.8	0.00	11	18
London	3.6	0.00	14	20
Manchester	5.0	0.00	10	18
Oxford	1.6	0.00	12	20
S'hampton	8.9	0.00	10	20
St Andrews	5.4	0.00	10	19

Moon, sun and tides

MOON rises: 2.13am, sets: 6.21pm
SUN rises London: 6.46am, sets: 6.59pm
Manchester rises: 6.54am, sets: 7.07pm

New Moon
25 September

HIGH TIDE

London B'ge	(-), (12.24pm)
Liverpool	(10.04am), (10.17pm)
Greenock	(11.37am), (11.23pm)
Dover	(9.56am), (10.23pm)

Britain Extremes: (24 hours to 2pm yesterday)
Warmest: Gosport/Fleetlands 20C (68F)
Coldest: Swyddffynnon 3C (37F)
Wettest: Harris Quidnish 1.16in.
Sunniest: Jersey 11.6hr.

Lighting-up times

Belfast	7.22pm-7.10am
Birmingham	7.06pm-6.54am
Bristol	7.08pm-6.57am
Glasgow	7.16pm-7.03am
London	6.59pm-6.48am
Manchester	7.07pm-6.56am
Newcastle	7.05pm-6.53am

Europe forecast

Today			Tomorrow		
Amsterdam	Sunny	18C/64F	Amsterdam	Cloudy	18C/64F
Brussels	Sunny	18C/64F	Brussels	Fair	19C/66F
Dublin	Showers	16C/61F	Dublin	Fair	15C/59F
Frankfurt	Sunny	18C/64F	Frankfurt	Fair	20C/68F
Geneva	Sunny	19C/66F	Geneva	Fair	21C/70F
Lisbon	Sunny	28C/82F	Lisbon	Sunny	26C/79F
Madrid	Sunny	29C/84F	Madrid	Sunny	28C/82F
Paris	Sunny	21C/70F	Paris	Fair	21C/70F
Rome	Sunny	22C/72F	Rome	Sunny	23C/73F

Around the world yesterday

		C	F
Amsterdam	Sunny	17	63
Athens	Shwrs	24	75
Barcelona	Fair	25	77
Berlin	Sunny	16	61
Budapest	Fair	16	61
Cairo	Fair	29	84
Cape Town	Fair	22	72
Casablanca	Fair	26	79
Corfu	Shwrs	23	73
Dublin	Cloudy	18	64
Dubrovnik	Sunny	20	68
Faro	Fair	25	77
Florence	Sunny	22	72
Gibraltar	Sunny	24	75
Guernsey	Sunny	18	64
Hong Kong	Fair	30	86
Istanbul	Cloudy	22	72
Jersey	Sunny	19	66
Larnaca	Fair	31	88
Las Palmas	Sunny	26	79
Los Angeles	Fair	25	77
Luxor	Sunny	34	93
Malaga	Sunny	26	79
Mallorca	Fair	28	82
Malta	Sunny	27	81
Melbourne	Cloudy	17	63
Miami	Cloudy	32	90
Moscow	Cloudy	11	52
Nairobi	Cloudy	23	73
New Delhi	Fair	32	90
New York	Fair	25	77
Nice	Fair	23	73
Nicosia	Fair	32	90
Perth	Fair	19	66
Prague	Fair	13	55
Singapore	Fair	31	88
Stockholm	Fair	14	57
Sydney	Cloudy	20	68
Tel Aviv	Fair	29	84
Tenerife	Sunny	28	82
Toronto	Cloudy	24	75
Tunis	Fair	29	84
Venice	Sunny	19	66
Vienna	Sunny	14	57
Warsaw	Cloudy	14	57

Supplied by MeteoGroup

MEASURES TO EASE

Support costs to

Picture: SIMON WALKER/HM TREASURY

Focus on growth... Kwasi Kwarteng

'Debt pile won't be priority'

By **Martyn Brown**

KWASI Kwarteng has vowed to "get debt down" in the "medium-term" – after government borrowing hit a record-breaking £11.8billion in August.

But the Chancellor insisted his immediate priority is to "grow the economy" and "improve living standards for everyone".

Strong economic growth and sustainable public finances go "hand in hand", he said.

Figures revealed higher-than-expected government borrowing last month, with its debt interest bill rocketing to an August record.

The Office for National Statistics said soaring inflation saw interest on Government debt jump by 22 per cent year-on-year to £8.2billion – the highest August figure since monthly records began in 1997.

The figure was £2.6billion below the same month last year, but far higher than the £6.5billion expected by most economists – and nearly double the £6billion predicted by fiscal watchdog the Office for Budget Responsibility.

The Chancellor will unveil an emergency mini-Budget tomorrow in a bid to tackle a recession amid rising costs. The Government has already said it will fund its freeze on bills through more borrowing.

Mr Kwarteng said: "It is absolutely right that the Government takes action now to help families and businesses, just as we did during the pandemic."

Martin Beck, chief economic adviser to the EY Item Club, backed the Chancellor, saying: "Reducing the extent to which the tax burden is forecast to grow should support activity and may boost the economy's growth potential."

By **Martyn Brown**

ENERGY bills for businesses will be slashed by around half their expected level this winter under a massive government support package.

The scheme will fix wholesale gas and electricity prices for firms for six months from October 1, shielding businesses from crippling costs.

Hospitals, schools and charities will also get help, the Government said. It comes after ministers announced a £150billion plan to help households with their soaring bills for two years.

Overall the two schemes could cost a mammoth £200billion.

Industry groups welcomed the package but warned further support may be needed after the winter.

The scheme will be reviewed after three months with an option to extend targeted support for "vulnerable businesses" – but it is not known for what sectors.

The Government will foot part of an organisation's bill if the wholesale price of gas and electricity stays above a set level.

Tariff

The support will work differently depending on what kind of energy tariff an organisation is on.

Wholesale prices, which are what suppliers pay for energy in bulk before they distribute it to customers, are expected to be fixed for all non-domestic energy customers at £211 per MWh for electricity and £75 per MWh for gas.

Those rates will be the base cost, to which other add-ons, such as standing charges will be added by suppliers. Analysts Cornwall Insight said the plan marked a "substantial" 45 per cent discount on wholesale energy prices.

The government said the scheme would apply to companies which had agreed fixed deals at higher prices on or after April 1, when energy bills started to surge.

Those on variable and flexible tariffs will also be eligible.

Companies do not need to contact suppliers as the discount will automatically be applied, with savings seen from October but received from November. Business Secretary Jacob Rees-Mogg said:

'MY RESTAURANT

DAVID Straker is waiting to see if the new Energy Bill Relief Scheme has thrown a lifeline to his family-run Harrogate restaurant William & Victoria.

After a very tough couple of years dealing with the Covid-19 pandemic and its aftermath, owner David and his wife Jo thought they were back on an even keel.

But soaring energy bills have become a huge and worrying problem.

They have been paying £12,000 annually for their electricity – and were horrified to find that when their contract ends next month, the cheapest quote they could get was £36,000.

Even this quote was withdrawn after the energy provider concluded that hospitality was too risky a sector to do business with.

William & Victoria, a mainstay of the North Yorkshire town's dining scene, has been run by the same family for more than 40 years.

Between 20 and 25 people stand to lose their jobs if the business is forced to close.

"We have seen an unprecedented rise in energy prices following Putin's illegal war in Ukraine, which has affected consumers and businesses of all sizes.

"The help we are already putting in place will save families money off their bills, and the Government's plans for businesses, charities and public sector organisations will give them equivalent support."

Speaking earlier in New York, Prime Minister Liz Truss said: "I understand the huge pressure businesses, charities and public sector organisations are facing with their energy bills, which is why we are taking immediate action to support

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PLUS PUZZLES PULLOUT

will cap energy help businesses

DEPENDS ON SCHEME'

By **Sarah O'Grady**

Dad-of-three David, 53, said: "There's no doubt this is a step in the right direction, but is it enough?

"Any help is welcome, and I appreciate knowing my domestic energy bills are going to be capped, but as a business, we're still waiting for details.

"My electricity costs have jumped from 12p a unit to around 95p."

Sleepless

David added: "I will tell you that 90 per cent of small business owners in the hospitality sector have had sleepless nights.

"We only have 80 covers and we have already cut our opening hours.

"I will give Liz Truss credit for moving so quickly to sort out a solution.

"However, we all have to remember that any financial help is going to have to be paid back one way or another.

"It's not free."

'Still waiting'... David at restaurant

them over the winter and protect jobs."

Confederation of British Industry chief policy director Matthew Fell said: "We welcome Government's decisive action to provide hard-pressed businesses with a substantial short-term fix to a long-term problem."

Kate Nicholls, boss of UKHospitality, said businesses will get "some confidence" from the support, but "we will not relent in our pursuit of a more comprehensive package to safeguard businesses and jobs". Director general of UK Steel, Gareth Stace, said the price cap would give steelmakers "the chance to get through the winter".

Help for firms... Jacob Rees-Mogg

And Shevaun Haviland, director general of the British Chambers of Commerce, said: "This support package will allow many firms that were facing closure, or having to lay off staff or reduce output, to keep going through winter."

But she said six months' support is "not enough to make plans". Labour's Darren Jones, who chairs the Business, Energy and Industrial Strategy Committee, said: "Capping the price for all businesses is a waste of taxpayers' money, which should be targeted at those which need it the most.

"Why should taxpayers collectively get into even more debt to hand over public funds to Amazon?"

Ministers also confirmed households that do not benefit from the Government's energy price cap will get £100. Homes that use heating oil rather than gas will get the additional £100 on top of the £400 bills discount already announced.

More than 1.5 million homes in the UK rely on heating oil.

COMMENT

SHEVAUN HAVILAND

Director General of the British Chambers of Commerce

OVER the past 18 months, our members across the business community have been sharing their concerns with us – supply chain disruption, increasing raw material costs, labour shortages.

But, over the past six months, the focus has been on spiralling energy bills – which seems to be the number one worry for a huge number of firms.

For months, we have been calling on the Government to take action on the tsunami of costs facing businesses and to support them with their eye-watering bills.

We launched a five-point plan during the summer and, along with our network, we have worked hard to ensure businesses receive the support necessary to keep their doors open.

Therefore we very much welcome the positive news from Government this week of a significant support package to help ease the cost pressures piling up on businesses. It is clear the new Prime Minister has listened and recognises the scale of the challenges facing both households and firms.

This strong support package should see bills drop by roughly a third, compared to the amounts businesses have recently been paying.

Worry

It will ensure that many firms that were facing closure or having to lay off staff or reduce output can keep their doors open throughout the winter.

However, some businesses are hanging on by a thread and urgently need to feel the benefits of this support package in their pockets. Every day without help will push some closer to the edge, and the Government must now prioritise the speedy implementation of this scheme.

While this package will have come as a huge relief for many business owners this week, I know that many will continue to worry about the future.

With the support only lasting for six months, it is far from clear what will happen after this point.

Questions remain around which firms will continue to get support, what form it will take and for how long. While we understand there are a range of unknowns looking ahead, without longer-term reassurance, very few firms will make plans to invest or grow.

The Government must also recognise that despite this energy support package, some businesses will still struggle to meet costs and pay their bills.

The challenges that existed 18 months ago – supply chain disruption, increasing raw material costs and labour shortages – remain today.

To truly revitalise our economy for the difficult months ahead, there must be a clear long-term plan that gives business the confidence to grow.

Get back to work to help the UK, Truss tells railway strikers

By **Sam Lister**

STRIKING rail staff were yesterday told to "get back to work" for the good of the country by Prime Minister Liz Truss.

Union leaders want to ruin the Conservative Party conference in Birmingham – and train drivers at 12 companies will strike over pay and working conditions on October 1 and 5, the first and last days of the annual gathering.

Ms Truss said: "I want this country to be successful – and that means people being able to get to work... So I would encourage rail workers to get back to work."

But Mick Lynch, general secretary of the RMT, insisted its members will continue to join "a wave of strike action" and warned: "The summer of solidarity... will continue into the autumn and winter".

Thousands of bus drivers at Arriva are also now planning to strike in rows over pay. Around 2,000 Unite members working at the company's North London division will start an indefinite strike from October 4.

And another 600 working in Kent are planning to walk out on September 30.

ANALYSIS

PROF JOHN R BRYSON
Birmingham Business School

THE first responsibility of a government in a democratic society is to protect and safeguard its citizens' lives.

This counts for nothing in Putin's Russia. Russian lives are destroyed so that Putin's Ukrainian vanity legacy project can be delivered.

Putin's rhetoric is all about preserving the "territorial integrity of our motherland" and not about enhancing the lives of those living in Russia.

There are times when an ambitious plan fails and when a wise individual must avoid trying to deliver on a failing plan, irrespective of the consequences.

Putin's best strategy would be to withdraw all Russian forces from Ukrainian land, including Crimea, and to declare that all the aims of Russia's special military operation have been met.

Nord Stream 1 should be returned to full capacity. This would enable Putin to declare victory whilst reducing some negative impacts of his failing war. But Putin still does not realise that plan continuation failure is a sign of weakness and poor leadership.

He is playing with fire, as partial mass mobilisation is not a solution to the problems Russia has faced in this war.

Vanity

These problems are linked to poor leadership, strategy, design and maintenance of equipment, as well as poor training and ineffective logistics. All partial mass mobilisation does is add more poorly trained soldiers who will be poorly equipped and led. And more Russian soldiers will die.

There is a real danger that those whose lives have been destroyed will see that the war is more about Putin's legacy than safeguarding the lives of citizens. This could lead to unrest.

Putin fails to appreciate that no European country would invade Russia. Territorial acquisition is an imperialistic legacy that history has shown benefits no one.

Yesterday he was trying to blackmail the West by repeating his threat of nuclear weapons. This would result in mass destruction across Russia and the West, with the impacts rippling across the global economy for decades.

Putin and the Kremlin are Russia's primary existential threat. This war has no purpose other than enhancing Putin's legacy as Ukraine was no threat to the territorial integrity of the Russian motherland. Just how many lives will be destroyed as Putin tries to deliver on his ultimate vanity project?

'We won't rest until Ukraine prevails'... Truss attacks Putin's nuclear war threat

Chilling...Putin makes his nuclear threats as Liz Truss, left, meets Ukraine's first lady Olena Zelenska

By **Michael Knowles** Defence Editor and **Sam Lister** Political Editor In New York

LIZ Truss faced down Vladimir Putin's nuclear war threats yesterday, as she vowed to keep sending weapons to Ukraine.

The Prime Minister accused the Russian tyrant of adding to his "catastrophic failures" by sending 300,000 military reservists to meet "a terrible fate".

As more UK weapons arrived in Ukraine yesterday, Ms Truss – in New York for a UN meeting – said: "We won't rest until Ukraine prevails. I pledge that we will sustain or increase our military support to Ukraine, for as long as it takes.

"The story of 2022 could have been that of an authoritarian state rolling its tanks over the border of a peaceful neighbour and subjugating its people. Instead, it is the story of freedom fighting back."

US President Joe Biden condemned Putin's "reckless" threats, insisting a nuclear war "cannot be won – and must never be fought".

Moscow wants to swallow up Ukraine's Donetsk, Luhansk, Kherson and Zaporizhzhia regions by holding sham referendums. It follows Kyiv's devastating counter-offensive in the north east, which has reclaimed hundreds of towns and villages.

Putin yesterday accused the West of "nuclear blackmail" and vowed the Kremlin would use "all available means" to protect its territory.

In a televised speech, he claimed "high-ranking representatives of the leading Nato states" had talked about the possibility of using weapons of mass destruction against Russia. He said: "I want to remind you that our country also has various means of destruction.

"Those who are trying to blackmail us with nuclear weapons should know that the wind can also turn in their direction."

Ms Truss, who met Ukraine's first lady, Olena Zelenska, yesterday, told the United Nations General Assembly: "This morning, we have seen Putin desperately trying to justify his catastrophic failures.

"He is doubling down by sending even more reservists to a terrible fate. He is desperately trying to claim the mantle of democracy for a regime without human rights or freedoms. And he is making yet more bogus claims and sabre-rattling threats."

In Kyiv, President Volodymyr Zelensky warned that if the West did not unite behind his country today, Putin could use nuclear blackmail tomorrow to demand "part of Poland".

Meanwhile, an unverified account claimed Putin's chilling TV address had been delayed for 13 hours while doctors urgently treated him for "chest pains".

The General SVR Telegram channel said medics tended to the

MEN FLEE MILITARY CALL-UP AS FLIGHTS OUT

Clashes...in Moscow last night

By **Michael Knowles**

ALL flights out of Moscow were snapped up within hours of Putin declaring a "partial mobilisation" of Russians to fight in Ukraine.

The tyrant announced 300,000 Russian reservists – people who have done their compulsory military service – would be drafted, with fears the Kremlin may ban any man of fighting age from leaving the country.

Flights to Georgia, Turkey and Armenia were unavailable within minutes of the announcement. By noon, flights to Azerbaijan, Kazakhstan, Uzbekistan and

Pictures: ANDREW PARSONS / NO10 DOWNING STREET, ALEXANDER NEMENOV/AFP, REUTERS

Russian leader behind the filming scenes. It said: "There is an opinion of people from the president's inner circle that Putin feigned a health problem in order to reschedule filming and rethink his decision-making.

"People close to the president know his pathological indecision and uncertainty in making decisions, especially key ones."

A senior diplomatic source said last night: "We take [Putin's] threat very seriously.

"We've seen Putin lie and bluff his way throughout this war. But we've also seen him in some ways make some sensible decisions, so it's hard to know.

"The main point is we're not going to engage in a battle of words about a nuclear threat from a man who postponed his speech, was shaking when he delivered it, and is now attempting to mobilise reservists who are attempting to get to airports across Russia.

"His lies are catching up with him, I think."

President Biden vowed to stand with Ukraine, saying: "Putin claims he had to act because Russia was threatened. No one threatened Russia. No one other than Russia sought conflict.

"This war is about extinguishing Ukraine's right to exist as a state and Ukrainians' right to exist as a people. That should make your blood run cold."

Putin had assured Russians for months that only professional soldiers would fight in Ukraine.

Explaining his U-turn on reservists, he told the nation the war now threatened Russia's very existence.

He said the West's goal was to "weaken, tear apart and destroy our country in the end". Partial mobilisation was necessary to "protect sovereignty, security and territorial integrity of Russia".

But Defence Secretary Ben Wallace said: "President Putin's breaking of his own promises not to mobilise parts of his population and the illegal annexation of parts of Ukraine are an admission that his invasion is failing.

"No amount of threats and propaganda can hide the fact that Ukraine is winning this war, the international community are united and Russia is becoming a global pariah."

Estonian prime minister Kaja Kallas, whose country has a land border with Russia, said Putin's speech was "meant to scare the international community".

She added: "As for nuclear threats, the aim is the same as it has been so far – it is to fuel fear and terrorise the wider public."

Atrocities

UK Foreign Secretary James Cleverly will come face to face with his Russian counterpart Sergey Lavrov today at the United Nations Security Council meeting in New York.

Mr Cleverly will reveal Russian forces continue to commit atrocities across Ukraine and expose Moscow plans to fix the results of sham referendums in parts of the country under its control.

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OF MOSCOW SELL OUT

Kyrgyzstan were also gone. As darkness fell in Moscow and St Petersburg, protests broke out, with armed police dragging demonstrators to the ground and arresting them.

In one protest, the crowd shouted for Putin to be "sent to the trenches".

Coming home...five UK citizens landed in Saudi Arabia yesterday

British PoWs freed in deal

By **Robert Kellaway**

THE release of five British PoWs is "hugely welcome news", Liz Truss said yesterday.

They were freed by their Russian captors after being taken prisoner while fighting for Ukraine in the Donbas region.

The Prime Minister said it ended "months of uncertainty and suffering for them and their families".

Emotional

The hostages, including Aiden Aslin, who was facing execution, are now on their way home after Saudi Crown Prince Mohammed bin Salman negotiated their release with Vladimir Putin.

Mr Aslin, 28, from Newark, Nottinghamshire, was captured fighting for the Ukrainian armed forces in Mariupol in April. His overjoyed mum Angela said she was "so emotional and over the moon" at the news.

Russia falsely claimed he was a mercenary and sentenced him to death after a sham trial.

He was paraded on Russian TV and even made to sing the country's national anthem.

But Ukraine insisted he was entitled to protection under the Geneva Convention as he had been a resident of the country since 2018.

Foreign Secretary James Cleverly said the release came too late for British aid volunteer Paul Urey, 45, who died this year while being detained by Russian-backed separatists in Ukraine.

Alongside the Britons, others freed come from the US, Sweden, Croatia and Morocco. They landed in Saudi Arabia.

BBC blasted for Kremlin crony guest

By **Michael Knowles**

THE BBC was under fire last night for allowing an ally of Vladimir Putin on to its main radio news show to justify threats of nuclear attacks.

On BBC Radio 4's Today Programme, Sergei Markov claimed London could be targeted with nuclear missiles "if Liz Truss still has plans to destroy Russia".

Markov said: "Biden, Johnson and Truss are fully responsible for the war in Ukraine", adding: "Everybody in this world now is thinking about nuclear war."

Former Labour MP Mike Gapes said yesterday: "Did the BBC give prime radio time for Hitler spokesman to rant poisonous lies?"

Markov became rattled when host Justin Webb rubbished the Kremlin's "special military operation" explanation for the invasion.

He shouted: "No, no, it's liberation...It's exactly as we liberated Ukraine from occupation from Nazi regime, now we're liberating Ukraine from your British and American occupation."

The BBC said Markov was "challenged throughout".

Russians had torture chamber

By **Michael Knowles**

UKRAINIAN forces liberating land captured by Russian troops have found a torture chamber and a prison in a police station, which invaders turned into a military base.

Serhii Bolvinov, of the National Police in the Kharkiv region, shared evidence of the grim find in the city of Izium.

Investigators have found journals with a list of detainees, as well as electric cables used as instruments of torture.

Every cell is being looked at, with DNA samples and fingerprints collected as evidence.

Prisoners were likely kept in dark basement cells from several weeks to months.

The chilling find comes as Ukrainian investigators in Izium uncovered a mass grave containing 440 bodies.

Local authorities reported that 99 per cent of the bodies exhumed from the mass burial site showed signs of violent death.

The number killed in Izium may be several times higher than the figure linked to the Bucha tragedy, experts say.

Pictures: RAY BURMISTON/BBC

King gets MPs' oath

By **Steph Spyro**

MPS pledged allegiance to the King yesterday – as the Commons met for the first time since the Queen's funeral.

Former prime minister Boris Johnson was the 15th to take an oath in the session, following the first round of swearing-in on September 10.

Holding the King James Bible, he said: "I swear by almighty God that I will be faithful and bear true allegiance to His Majesty King Charles, his heirs and successors, according to law, so help me God."

Transport Secretary Anne-Marie Trevelyan was the first up, followed by Home Secretary Suella Braverman.

Stab horror boy 'critical'

By **Jasmine Norden**

A TEENAGE boy was in a critical condition last night, after being stabbed several times near a school.

Parents and residents said pupils saw the lad being "pinned down" and knifed repeatedly.

It happened near North Huddersfield Trust School, in the town's Woodhouse Hill area, at about 2.54pm.

West Yorkshire Police said: "Inquiries are under way to establish the circumstances."

A father, 46, whose 14-year-old son attends the school, said: "I was asked by staff to come and collect him. I've heard [the attack] all came out of nowhere."

'Honour 999 heroes'

By **Chris Riches**

CALLS for an Elizabeth Cross style medal, to honour emergency workers killed in the line of duty, are growing.

Mayors and police and crime commissioners, led by Greater Manchester Mayor Andy Burnham's office, have written to Home Secretary Suella Braverman. They are backing a bid by the families of Manchester PCs Nicola Hughes, 23, and Fiona Bone, 32 who were killed in an ambush in September 2012.

The letter says a medal would ensure emergency workers who die carrying out their duties would be "honoured with the dignity they duly deserve".

I'm glad I cha-changed from dancer to judge

Waltzing back... judges Anton, left, Shirley, Motsi and Craig

It's so much easier on the knees, admits former pro

By **Mark Jefferies**

ANTON Du Beke says he now prefers judging to jiving on Strictly Come Dancing, because his body had been feeling the strain.

The former dance pro returns to the panel tomorrow for a second year, alongside head judge Shirley Ballas, Motsi Mabuse and Craig Revel Horwood.

Asked if he missed dancing with the celebrities, Anton, 56, said: "I'm loving judging, it's incredible.

"I do watch some of the pros do the numbers and get a bit of dance envy, thinking, 'I wish I could have been a part of that'. But judging is so much easier on the knees."

The dad of two added: "My absolute favourite thing about working on the show is the joy. I can't believe – well I can really – that it has been going for so long and still we have a new audience coming to it every year, a new generation growing up with the show.

Glamour

"I love that feeling of lifting everybody up, which I think was highlighted through lockdown. The sun shines when Strictly is on."

Shirley, 62, said: "People keep tuning in because it's a family affair.

"It's something to look forward to on those cold winter nights. The family can sit together, talk about people they love and debate.

"It's a bit of Vegas, Hollywood glitz and glamour, glitterballs, bangles and beads."

Craig, 57, admitted: "I thought Strictly would last three weeks, but I was totally wrong.

"And it's gone on and won the hearts and minds of the nation.

"Also, the contestants themselves treat it really seriously now. It was a little bit jokey in the very first series."

Celebs on the dance floor this year are Will Mellor, Kym Marsh, Richie Anderson, Kaye Adams, Jayde Adams, Ellie Simmonds, Tyler West, Matt Goss, Ellie Taylor, Molly Rainford, Tony Adams, Fleur East, Hamza Yassin, James Bye and Helen Skelton.

Anton on 2017 show with Ruth Langsford

● *This year's Strictly Come Dancing launches on BBC One at 7pm tomorrow*

Prue: Matt and Paul's humour half-baked

Picture: CHANNEL 4

Prue with fellow judge Paul, front, and Matt, right, with co-host Noel Fielding

EXCLUSIVE

By **Tom Bryant**

BAKE OFF judge Prue Leith has taken a pop at co-stars Paul Hollywood and Matt Lucas for their "childish" innuendos on the show.

The 82-year-old said she is often in the dark when it comes to their naughty sense of humour.

Asked about the famous innuendos on the programme – such as "soggy bottoms" – Prue admitted: "The fact of the matter is that I don't get the joke. Paul and Matt go into gales of laughter.

"They are so childish. You only have to mention 'sausage' and they laugh. That is their idea of humour."

But Prue, who was speaking at a theatre show in Bath, admitted her role on the Channel 4 hit is the best job on telly.

She said: "How can anyone resist The Great British Bake Off? It is the best job on television. I don't have to learn anything. I don't have to write a script. I don't have to rehearse anything or prepare anything. All I do is I walk on, eat cake and say what I think, walk off and get paid."

The star also said that the standard of the show was so high that it was rare to eat ropey bakes. "I have not had to taste much bad stuff," she said. "Sometimes it is too sweet or there is too much chilli. But they are good bakers, so you are not going to get anything that bad."

Student Maisam became the second contestant to leave the show on Tuesday, after biscuit week.

Libyan-born Maisam, 18, from Greater Manchester, said in a letter shared on Twitter: "Bake Off is simply life-changing and one of the best decisions I have made in my life.

"It has taught me to become a risk taker, and representing my Libyan heritage in the tent is something I am really proud of."

DAILY EXPRESS

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Welcome news that GPs will be brought into line

OUR GPs provide a remarkable service but making an appointment to see the doctor has become increasingly difficult. Today's announcements from Health Secretary Therese Coffey will be extremely welcome. She will set out plans to ensure everyone can see a GP within two weeks, while those in the most urgent need are seen on the same day.

Practices will be held to account for the length of time they make patients wait. This may ruffle some feathers but it is an extremely positive change. We all know that GPs and their staff have difficult jobs to do, particularly at the present time as the health service continues to recover from the strains placed upon it during Covid. However, nobody should be forced to wait more than a fortnight for an appointment.

At the same time, extra help will be made available including new funding rules, to help surgeries recruit extra staff, and advanced telephone systems to help patients get through to the person they need to talk to.

Pharmacists, who play a vital role in our communities, will rightly be allowed to take on additional responsibility and provide more medicines without a prescription.

These are practical measures to help deal with one of the biggest concerns facing many households today.

Bully tactics won't work

RUSSIAN dictator Vladimir Putin hopes to undermine the resolve of Ukraine's allies with threats to use nuclear weapons. It's a sign of his desperation, following the setbacks suffered by Russia's botched invasion.

The response from Liz Truss has been unflinching. The Prime Minister made it clear that the UK will continue to support Ukraine in its battle for freedom.

We're not alone. US President Joe Biden was among world leaders to condemn the Russian leader.

If the UK and its allies feared to stand up to dictators who invade their neighbours, it would only embolden them to create more conflict, chaos and misery.

Battle with online threat

THE death of 14-year-old Molly Russell is unbearably sad. Her problems clearly went further than the teenage angst that affects many young people, but the fact that it resulted in her death appears connected to online material which normalises self-harm and suicide.

Social media brings many advantages but we need far more protection for vulnerable people such as Molly. The firms providing these services must do everything in their power to ensure disturbing content is removed. In addition, mechanisms are often in place for users to report damaging material. We all have a responsibility to help police the internet as best we can.

Liz's dynamism and energy augur well for Britain's future

Picture: TOBY MELVILLE/PA

STRENGTH: Truss is prepared to make the 'difficult decisions'

Leo McKinstry
Daily Express columnist

THE ARRANGEMENTS for the change in the monarchy on the Queen's death imposed a huge burden on the British state. But the pressures were probably felt at their most intense by two contrasting figures. One was the new King, who had suddenly had to take on vast new responsibilities amid his personal grief. The other was Liz Truss, who had become Prime Minister less than two days before the late sovereign's passing. Indeed, her appointment was the last major public duty carried out by Elizabeth II.

Despite the colossal demands, both of them have made impressive starts. Dignified and eloquent, Charles III brought a natural authority to his new role, for which he had been well-prepared by his long apprenticeship as Prince of Wales.

Despite his sorrow, he undertook a packed schedule of engagements in advance of Monday's state funeral for his mother, visiting all four nations of his kingdom, meeting the public and numerous dignitaries, and travelling almost 2,000 miles. It has been a daunting programme for a man in his early 70s. At 47, Liz Truss is almost 30 years younger than the King and has long been renowned at Westminster for her formidable work ethic.

EVEN so, the enormity of what happened in the first fortnight of her premiership must have tested her resilience, especially given that her new government faces a series of major crises at home and abroad. The strain has been all the greater because she had no chance of a summer break and spent two months fighting an acrimonious leadership contest against Rishi Sunak.

Last weekend, one aide commented, "From the moment her victory was announced, it hasn't stopped. She's looking absolutely knackered. You can see the sheer emotional impact in her eyes." Yet Truss has not faltered at all. Since taking charge, she has shown a dynamism that has astonished Whitehall as she brings order to the previously dysfunctional No.10 operation and, along with her new Chancellor Kwasi Kwarteng, dramatically rewrites the Tories' economic policy.

When Winston Churchill became Prime Minister in May 1940, the Cabinet Secretary Sir Edward Bridges recalled how, within days, "the whole machinery of government was working at a pace and an intensity of purpose quite unlike anything that had gone before." There is something of that spirit about Truss. "She wants everyone's foot to the floor" says an adviser. Her decisiveness and energy have been exhibited both in the speed with which she formed her government and in the more focused style she has brought to office.

Downing Street's bureaucracy has been slimmed down. "In this No.10 there are far fewer roving roles and a lot more accountability. Meetings are incredibly small," explains another aide.

Since the end of the official mourning period this week, her workload and vigour have escalated as her government charts a new course for our country, with the emphasis decisively on economic growth. On Tuesday, she was in New York for the UN General Assembly, where she pledged further support for Ukraine and held talks with President Biden on post-Brexit trade. Yesterday, her Business Secretary Jacob Rees-Mogg announced a colossal package of support for businesses to meet soaring energy costs.

The frenetic pace continues today with a key announcement on NHS backlogs and the provision of social care. Tomorrow sees the Chancellor's mini-Budget that will feature the creation of special investment zones to boost regeneration, as well as a range of tax cuts, including a likely reduction in stamp duty, a reverse in the National Insurance hike, and an end to the proposed rise in corporation tax.

The Prime Minister has been able to act so robustly because she has a clear vision of how Britain should be governed. Like her heroine Margaret Thatcher, she is a pragmatic believer in a limited state, personal responsibility and the benefits of free enterprise. Tax cuts are central to that as, in the long term, they boost prosperity by encouraging the creation of wealth.

AS Mrs Thatcher herself said in 1979, "We can only improve our position as a nation by working together to generate wealth." In this quest, Truss shows a Thatcherite quality of toughness, telling reporters this week that she is "absolutely prepared" to be unpopular in making "difficult decisions". Her other strengths include an unflustered self-assurance. "There is a calmness about her which is good," says a Cabinet minister.

Tremendous challenges lie ahead for her and the King. But their initial performances augur well for our nation's future.

'The PM has a clear vision on how Britain should be governed'

VIRGINIA BLACKBURN

"A monarchy conducted with infinite wisdom and infinite benevolence is the most perfect of all possible governments"
Ezra Stiles

MY CHAMPAGNE GLASS IS ALWAYS HALF FULL

Email me at virginia.blackburn@reachplc.com

Frankie's take on royalty is off the Boyle

IN normal circumstances I'm all for freedom of speech (I'm in the biz, innit) but I'll make an exception for Frankie Boyle. The suits at Channel 4 must have been out of their minds to commission this repulsive man to make a documentary about the monarchy's future.

But they did – and now, surprise, surprise, plans to screen it have been shelved in the wake of Elizabeth II's death. It seems that the ghastly Boyle may have overstepped the boundaries of taste.

No doubt it all seemed very ironic and meta from the people who originally sanctioned it but having seen the national outpouring of grief over the last fortnight, they realised they weren't exactly in touch with the feelings of the country and got cold feet.

There are reports that the Tories have shelved plans to sell-off the channel. Shame.

HOLLY Willoughby is "devastated" by claims that she and fellow This Morning presenter Phillip Schofield jumped the queue to see the Queen lying in state. She is said to have broken down in tears several times and threatened to leave the show. That would, of course, be a grave loss to daytime television. But just as well there's nothing serious to worry about, such as Russia threatening a nuclear war.

IT'S been a bad fortnight for republicans and Scots Nats. If I were them I'd retreat under a duvet for a year or two. But I don't hold out much hope.

Changing with the times can be confusing

SINCE when has the word "Oriental" been racist? Since never, actually, but that hasn't stopped Oxford University from renaming its Faculty of Oriental Studies as the Faculty of Asian and Middle Eastern Studies. It beats me why Oriental is deemed to be racist and Asian isn't, given that both are merely descriptions and what about the word Occident, ie the West? Is that racist too?

A kingdom united in grief for its monarch

WELL, what a fortnight that was. William Shakespeare, our greatest (and possibly the world's greatest) playwright would have understood it all too well: in his world view the monarch embodies the nation to such an extent that if something goes wrong with the king (for example, Lear abdicating his responsibilities) then the country suffers horribly, too. And, of course, the reverse is also true, which is pretty much what we have seen in the wake of the death of the Queen. So much has been written about her extraordinary qualities that there's no need to re-rehearse it. But if she embodied the virtues of our nation, then they were certainly all on display in the last 14 days.

We live in an age that sometimes seems to be categorised by selfishness and viciousness on social media: of that, in the last fortnight, there has been remarkably little. Turning out to pay their respects, people have been dignified, thoughtful and willing to acknowledge a picture that is bigger than their own lives. We have had echoes of this country's long and distinguished history, of traditions that so many of us still hold dear and for once, those who would do down our past remained (on the whole) silent.

But this acknowledgement of what the United Kingdom is and what the Queen represented also took in the fact that we are a changed nation. People of all creeds and colours came together in a way they would not have done on the death of her father and nor is the rigid class structure that once ruled everything still there. This was a modern Britain mourning its sovereign, acknowledging our past but looking forward to our future. Despite the naysayers, we are not a racist and intolerant nation: quite the opposite. And despite the acres of pageantry, this was somehow a very modern world event. Honouring the Queen brought that out in a way that nothing else could.

It has been very unfashionable in recent years to say that you are proud to be British, proud of our history and proud of our people, but in the last 14 days that has changed. And judging by the numbers of world leaders all jostling for position in the Abbey, the rest of the globe acknowledges that too. But now we have a new monarch, albeit one in his eighth decade and it's up to him and us to strive for even more greatness from this little island nation. And as the Daily Express has been saying, erect a statue to Elizabeth the Great with all due haste. We have a glorious future but we will certainly never forget that utterly glorious Elizabethan era of our past.

Picture: DANNY LAWSON/PA

Walking into history books

THERE were so many touching aspects to the Queen's funeral it's impossible to list them all, but high up there must be the expressions of the pall-bearers who carried her coffin.

Their pride was there for all to see and what a memory to tell to their grandchildren. In the best possible way, they will be dining off that one for the rest of their lives.

THE "lipstick index" is well known: sales of affordable luxuries such as lipsticks rise during economic downturns as people seek to treat themselves with smaller items. It now seems there might be an underwired bra index as well. During lockdown it emerged that people wore structure-less styles or nothing at all but now that we're out and about again are going for the more formal undergarments. Thank goodness for that. There is nothing as off-putting as seeing someone jiggling about; quite puts you off your breakfast. Letting it all hang out is not a good look.

THERE'S NO CHANCE OF BRAD CARVING OUT A NEW CAREER

THERE'S a well versed tradition of thespians seeking out their inner artist (Sylvester Stallone, Anthony Hopkins, Tony Curtis, even Marilyn Monroe) and now to the list we must add Brad Pitt. Sculptures created after his split from Angelina Jolie have surfaced in a display in Finland. They are said to be a little wooden. But enough about Brad's acting: is the work any good?

YOUR CONSUMER CHAMPION

by Dean Dunham

Any stories or scams? Contact me via dean.dunham@reachplc.com

Can I get a refund over Center Parcs closure row?

THOUSANDS of services were cancelled or disrupted on Monday during the Queen's funeral, including flights, trains, hotels, restaurants and events. One of the most notable disruptions affected customers of holiday firm Center Parcs. It initially announced it would be closing its UK parks and booting all guests out until Tuesday. This meant guests already at one of the four sites would have to find alternative accommodation on the Monday night then return on Tuesday, while those who were due to arrive on Monday would have to delay their holiday until Tuesday.

After guests took to social media in droves, the holiday provider swiftly performed a partial U-turn announcing guests who were already on site could stay, but would not be able to enjoy any of the facilities as they would be closed.

However, there was no change in relation to guests arriving on Monday, who were still faced with the option of cancelling or turning up a day late on Tuesday. Lots of readers have been asking if these disruptions and cancellations breached their consumer rights. Here's what you need to know:

DO I HAVE ANY RIGHTS?

The simple answer is yes, IF you had a contract with the business to provide you with a service last Monday. So, you had no rights in relation to the likes of supermarkets, local shops and public leisure centres closing, as you had no contract with these. However, if you booked a holiday with Center Parcs and should have been there on Monday you will have rights as you will if you booked an event (wedding, concert etc..) for Monday and it was cancelled.

WHAT ARE MY RIGHTS?

If the service you have paid for is cancelled it will be a breach of contract and you will be entitled to a refund (or partial refund if you've received part of the service) and potentially compensation. If you're one of the affected Center Parcs customers you will be entitled to a partial refund (in relation to the Monday closure) or a full refund if you were due to arrive Monday and decided not to proceed with the holiday. The good news is Center Parcs is offering to honour these rights.

CANCELLED FLIGHTS

During the funeral, certain airspace over London was closed and in addition, Heathrow placed restrictions on arrivals and departures during certain times of the day. If your flight was cancelled or delayed due to this you will NOT be entitled to compensation as these are events that were "outside of the control" of the airline and therefore what we call "extraordinary circumstances".

However, if your flight was cancelled and the airline failed to arrange an alternative flight, you will be entitled to a full cash refund.

AM I OUT OF TIME FOR WATCH REFUND?

Q I bought a new watch three months ago and the strap is faulty. The retailer has accepted that but cannot replace it with same colour strap as they are out of stock. Am I entitled to a refund instead?

Dave Burfoot

A Yes, the Consumer Rights Act provides that you are entitled to a free repair or replacement and, if this is not possible, you can demand a refund.

Q Can I make a section 75 claim in relation to a recent credit card purchase via Apple Pay?

Luke Williams

A Yes, as when you use Apple Pay the payment is still going direct to the trader. By contrast, if you use the likes of PayPal, your card provider pays PayPal and it then pays the trader so there is no direct payment between you and the trader meaning section 75 cannot be used.

SCAM OF THE WEEK

FRAUDSTERS have taken to the internet to offer memorabilia relating to the Queen. Needless to say, they will take your money but you will receive nothing in return. Beware of non-official sites.

Visit theconsumerlawyer.blog and listen to Dean every Friday at 9pm on LBC

Pictures: PA

Tragic... Olivia Pratt-Korbel, nine, was slain by gunman

Record £200,000 reward to catch killer of Olivia, 9

By **Chris Riches**

CRIMESTOPPERS has offered a record £200,000 reward to find the killer of nine-year-old Olivia Pratt-Korbel.

It comes as police identified two guns used by the shooter.

Detectives revealed one of the weapons was fired in a gang shootout just a fortnight before the innocent schoolgirl's death.

Olivia was shot dead when a gunman chased convicted burglar Joseph Nee into her home in Dovecot, Liverpool, on August 22.

Pistol

Her mother Cheryl was hit in the hand as she tried to shut the door on the thugs.

Earlier this month, CrimeStoppers founder Lord Ashcroft pledged £50,000 to help bring her killer to justice. But after an anonymous private donor's £100,000 offer, Lord Ashcroft doubled his own pledge to make a £200,000 reward total.

Yesterday, Lord Ashcroft said: "This case has been incredibly shocking. I am delighted that with the support of a private donor, CrimeStoppers can now offer a record £200,000 for information to catch Olivia's killer."

The new amount was announced by police yesterday as they revealed details of the weapons used by the killer.

They said a .38 revolver was responsible for the fatal shot – while the gunman also used a Glock-type self-loading 9mm pistol that night.

Detectives now know that the Glock pistol was also used in two other attacks in Dovecot.

The first was on January 27, 2020 when, in a chilling echo of Olivia's death, a 19-year-old man was shot through a front door.

The second was on August 8, a fortnight before the schoolgirl died.

On this occasion rival groups in cars and on motorbikes traded shots near playing fields where innocent people were enjoying the sunshine.

Appeal...cash incentive and Glock like one killer used

Merseyside Police said officers had now worked for more than 15,000 hours on the investigation, trawled through thousands of hours of CCTV footage and investigated more than 400 pieces of intelligence passed on by the public.

Detective Chief Superintendent Mark Kameen said the weapons are likely to have been hidden close to where Olivia was killed.

He said: "I want people to tell us where those guns are now.

"No one should shoot a child and not face justice – silence is not an option for anyone."

He also appealed for patience after saying the force had arrested and released nine suspects pending further investigation.

Police pair in Couzens' chat face jail over 'sick' messages

TWO Met Police officers who swapped "sickening" and "disgusting" messages with killer PC Wayne Couzens were last night facing prison.

PC Jonathon Cobban, 35, and ex-PC Joel Borders, 45,

By **John Twomey**

were members of a chat group with Couzens, who is serving a whole life sentence for the kidnap, rape and murder of Sarah Everard last year.

Cobban and Borders denied five counts of sending grossly offensive material via a public communication network.

Borders was convicted of all charges while Cobban was found guilty of three counts but cleared of two. A third Met PC, William Neville, 33, was cleared of two charges and walked free.

Yesterday, at City of London magistrates' court, Judge Sarah Turnock branded the messages – including "jokes" about rape and the Tasering of children and animals – swapped in 2019, "sickening".

She warned Cobban and Borders they face jail when sentenced on November 2.

Guilty...Joel Borders, left, and Jonathon Cobban

Life for killer dad who drove over daughter twice

By **Sam Russell**

AN evil dad who murdered his teenage daughter by driving over her twice in his car was yesterday jailed for life.

Nigel Malt, 45, reversed his Mercedes over 19-year-old Lauren then drove forward over her in a drunken rage after he threatened to attack her boyfriend with a crowbar – and she told him to go home.

He then "stuffed" his daughter into the footwell and drove her to the shop where Karen Malt – his estranged wife and Lauren's mum – was working.

Fighting back tears as she read her victim impact statement, Karen said: "I remember the call saying, 'I will bring your daughter over. She's dead'."

The horrified mum also recalled "the feeling of dread" when Malt arrived and she saw Lauren.

She said: "I just knew she wasn't going to make it. She was stuffed in the footwell. I saw her face and felt sick.

"I couldn't believe she had been stuffed down there."

Karen also told Norwich Crown Court: "I can't fathom how a parent could kill their own child. How do you forgive?"

Mown down... Lauren was killed by her drunken father Nigel, below

Jurors heard Malt was more than twice the legal drink drive limit when he killed Lauren in West Winch, Norfolk in January. At the time he was awaiting trial for two counts of assaulting Karen and was not living with them.

Sentencing him to a minimum term of 18 years, Judge Anthony Bate said Malt had used his car as a "lethal weapon in an alcohol-fuelled rage".

Malt, of King's Lynn, showed no reaction as his sentence was read out. He had denied murder, but was found guilty following an earlier trial.

Pictures: BPM MEDIA, PA

Violence...large mob in Leicester; inset, officers arrive

Temple attack as tensions rise

By **John Twomey**

SECTARIAN tensions that have rocked Leicester in recent weeks have now spread to Birmingham.

About 200 masked and hooded men threw bottles and fireworks at a Hindu Temple in Smethwick, West Mids on Tuesday.

Cars were damaged and officers in riot gear came under attack, while an 18-year-old was held on suspicion of carrying a knife.

The crowd gathered after a controversial speaker was booked to address worshippers, but was later dropped. Ahmad Bostan, a Labour councillor in nearby Sandwell, said: "The despicable scenes witnessed in Smethwick tonight do not represent the harmonious rich diversity of our town."

The disorder at the Durga Bhawan temple followed clashes between Muslim and Hindu men in Leicester, first sparked in late August, which led to 47 arrests at the weekend.

Sixteen officers and a police dog were injured during the fighting there on Saturday.

Tragic Molly hid inner torment from family and 'fought her demons alone'

Secret Twitter account found after teen's death

By **John Twomey**

THE father of a teenager who took her own life told an inquest he was "shocked how hideous, graphic, harmful" material was available online to youngsters.

Schoolgirl Molly Russell died in November 2017 after seeing content about suicide and self harm.

Ian Russell told the court he looked at some of his 14-year-old daughter's web history after her death.

He said the online world allows children and vulnerable people to view material that would "normalise anxiety, self-harm, depression and suicide".

He said: "It's horrific. You are surrounded by images that show this bleak world. It's a world I don't recognise. It's a ghetto of the online world that once you fall into it, the algorithm means you can't escape it and it keeps recommending more content."

Mr Russell said the bleak posts included: "So many stars in the sky tonight, who would really notice if one goes out?"

He added: "Molly closed the Twitter account of hers that we were all following and it was only after her death that I found out she had opened another account on Twitter."

Connections

She hid her mental torment from her loving family as she battled her "demons" alone, he told the inquest.

Molly's death is a reminder to everyone that it is "OK not to be OK," Mr Russell said. "It is important to talk to someone trained or qualified."

He said that among the "hundreds of usual connections a teenager would have", there were more than 40 accounts that she followed and 10 that followed Molly which "were connected, in some way, to anxiety, depression, self harm or suicide".

Mr Russell told the inquest he and wife Janet were "definitely shocked how hideous, graphic, harmful it was and concerning that it was readily available on a public platform for people who are 13 and above".

Molly was an "avid fan" of a YouTube star who spoke openly about her attempted suicide.

Her last usage had been on Instagram, with SnapChat, Twitter, Pinterest, WhatsApp and TalkLIfe.

Mr Russell said even after Molly's death, social media platforms were sending her emails highlighting the depressing content she had watched.

Molly from Harrow in north-west London, was full of "hope and happiness, promise and potential", Mr Russell said. But in secret, she was tortured by feelings of "worthlessness" and killed herself as she struggled in vain to find peace, he added. Her mother Janet found her body at their home. In her statement read by Oliver Sanders, KC, she told how she had said goodbye to one of Molly's sisters as she left for school before looking for her youngest daughter. "I knew then something wasn't right…as I looked in her room, I found her."

Pictures: PHIL HARRIS, PA

Ian Russell, inset, spoke at inquest into daughter Molly's death

Mrs Russell added: "Ian took Molly down and began giving her CPR."

Executives from internet giants Meta and Pinterest will give evidence about the algorithms used by social media firms to keep users hooked and may have contributed to her death.

Molly's family also want the inquest to consider 29 internal Meta documents which allegedly set out research into the impact on teenagers of self-harm and suicide material online. The inquest continues.

● *If you need help or support, call the Samaritans for free on 116 123 or visit samaritans.org*

OPINION: PAGE 12

Sala crash pilot knew plane was 'dodgy'

By **Benjamin Cooper**

THE pilot of a plane in which footballer Emiliano Sala died described the aircraft as "dodgy" and vowed to wear his lifejacket prior to the fatal flight.

An inquest in March found the Argentina-born striker died from head and chest injuries.

But he was already unconscious from fumes from the Piper Malibu's faulty exhaust system on the evening of January 21, 2019.

The 28-year-old was flying from Nantes in France to Wales to join Cardiff City when the plane crashed in the Channel close to Guernsey, also killing 59-year-old pilot David Ibbotson, whose body has not been found.

Audio from the BBC podcast Transfer: The Emiliano Sala Story, shows Mr Ibbotson had concerns about the plane after the flight from Cardiff to Nantes. In a voicemail to his friend Kevin Jones, he said: "I picked a footballer up from Cardiff.

"He's just been bought from Nantes for, I think it was about, 20 million pounds worth. They've entrusted me to pick him up in a dodgy (aircraft). Normally I have my lifejacket between my seats but tomorrow I'm wearing my lifejacket, that's for sure."

Tragic...Emiliano Sala, plane before fatal crash and pilot Dave Ibbotson

Mr Ibbotson was an amateur pilot and not allowed to carry passengers or fly at night.

He told Mr Jones before departing Nantes that he heard "a bang" during the outward flight. "I'm mid-Channel and 'bang'. Then 'boom'. I thought, 'what's wrong?' So I checked my parameters, everything was good, but it got your attention. That Malibu, occasionally you've got like a mist every so often. You can feel it, very, very low throughout the airframe.

"This aircraft has got to go back in the hanger," he added, after realising the plane's left brake pedal was not working when he landed at Nantes airport.

Pilot and businessman David Henderson, 67, managed the aircraft on behalf of its owner.

Mr Ibbotson, from Crowle, North Lincolnshire, had reported the bang between Cardiff and Nantes to Henderson – but the plane was not looked at when it landed in France.

Last year, Henderson was jailed for 18 months for endangering a plane's safety by using Mr Ibbotson when he knew he did not have the right licences.

Trumps in fraud case

By **Christopher Bucktin**

DONALD Trump, his adult children and their property firm are being sued for fraud by New York's attorney general.

Letitia James' lawsuit, filed in Manhattan, follows a three-year inquiry into the former US president's vast Trump Organisation.

It seeks to bar his family from holding executive roles and fine the firm £220million.

The probe was launched after Mr Trump's former lawyer, Michael Cohen, told the US Congress his old boss, 76, exaggerated company assets for tax, insurance and loan purposes. Mr Trump has denied any wrongdoing.

400,000 get wage boost

By **Alan Jones**

ANNUAL increases in the voluntary "real living wage" have been introduced early, giving a pay boost to almost 400,000 workers.

Brought forward from November due to higher living costs, the move pushes up rates by £1 to £10.90 and in London by 90p to £11.95.

The statutory rate is £9.50 an hour.

More than 11,000 employers, including the Royal Albert Hall, Ikea and Everton FC, pay the real living wage.

There are also 39 "living hours" employers that provide a minimum of 16 hours' work a week, plus a month's notice of shift patterns.

Tumbling petrol cost

By **Neil Lancefield**

FUEL prices have dipped to their lowest level since mid May.

A litre of petrol cost an average of 165.5p on Monday, while diesel was 181.1p, according to Government figures.

They are the lowest since May 16, coinciding with a fall in wholesale costs because of a drop in oil prices.

The highest average fuel rates for the year so far were recorded on July 4, when petrol was 191.6p per litre and diesel was 199.2p.

Since then, the cost of filling up a typical 55-litre family petrol car has been cut by more than £14, with diesel models nearly £10 less.

Struggle…Rob Burrow

MND drug 'important milestone' trials show

By **Hanna Geissler**

A "PROMISING" drug which has been shown to slow down progression of motor neurone disease (MND) may be a turning point for patient care, scientists say.

The condition affects the brain and nerves – and athletes with MND, including rugby star Rob Burrow, 39, campaigned tirelessly for research funding, backed by the Sunday Express.

At clinical trials, some patients with a faulty SOD1 gene noted better mobility and lung function a year after taking the drug tofersen.

Scientists called the trial's findings, in the New England Journal of Medicine, "remarkable".

Dame Pamela Shaw, Professor of Neurology at the University of Sheffield, said: "Never before have I heard patients say, 'I am doing things today that I couldn't do a few months ago'…For me this is an important treatment milestone."

Boris Johnson last year pledged £50million to find an MND cure in response to campaigners.

Migrants' 30,000 haul

By **Adam Gillham**

THE number of migrants that have arrived in small boats this year edged closer to 30,000 yesterday – after dozens more came ashore.

The RNLI lifeboat stationed at Dungeness, Kent, brought in at least one group during calm sailing conditions at sea.

Some 93 people in four boats were escorted to the harbour at Dover on Tuesday, said the Ministry of Defence.

Yesterday's figure took 2022's total so far to 29,848 – in 760 boats – which is greater than the 28,526 in 2021.

So far this month, 4,808 people have made the journey in 116 boats.

Pictures: STEVE REIGATE

Years flew past…100th birthday Spitfire treat

Flypast… Spitfires' tribute to centenarian George, left. His cake, below

By **Mark Reynolds**

IT must have felt like the years had flown by yesterday – when two Spitfires took to the skies to mark the 100th birthday of a Second World War hero.

RAF Bomber Command veteran George Dunn DFC was celebrating his century with a pub lunch when he was treated to the surprise fly-past by the iconic planes.

And the aerial spectacle along the Sussex coast brought a proud tear to his eye.

George told the Daily Express: "It's a fine aircraft. That was great. Absolutely great."

He added: "The Spitfire is a lovely aircraft but I have to say I actually prefer the Mosquito.

"In terms of performance, the Mosquito is just a better aircraft. But the Spitfire is still lovely of course."

And he should know. During a glittering military career, George piloted many different planes, both bombers and fighters.

He was just 17 when he defied a life threatening lung condition to sign up to the RAF.

At first he worked as a Wireless Operator/Air Gunner, before training in Canada to become a pilot.

He went on to complete 44 death-defying missions during the war – 30 flying Halifax bombers and 14 in Mosquitos.

He took part in Operation Gomorrah, the bombing of Hamburg, and the raid on the German rocket testing range at Peenenmunde in August 1943 – considered one of the most dangerous operations of Britain's bombing campaign.

The hero's experience with Spitfires came in 1946 when he delivered the iconic aircraft to the Greek Air Force.

After the war, George married his late wife Dorothy in 1951.

He returned to work at removals firm Pickfords in Whitstable, Kent, and worked there as a branch manager before retiring at 60.

Since then, George – an ambassador for the Royal Air Force Benevolent Fund – has been living by the sea in Saltdean, East Sussex.

The centenarian was surrounded by family and friends at the Coach House pub in nearby Rottingdean for his birthday lunch, which included a cake decorated with medals and a warbird.

Guests included fellow veteran John Bell, 99 – former Bomber Command Dambuster squadron bomb-aimer.

The birthday boy said he was looking forward to receiving his telegram from the King Charles – one of the first in the country from the new monarch – when the post arrived.

"It hadn't come when I left the house unfortunately," George said.

But the flypast, organised by fly-aspitfire.com from The Biggin Hill Heritage Hangar, more than made up for that.

Pilot… George in wartime uniform

Brave pilot who aided Great Escape dies at 102

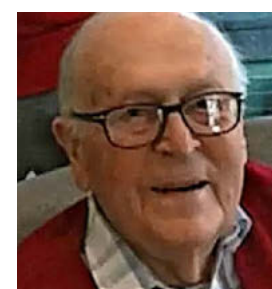
Heroics…1963 film immortalised the events

A SECOND World War hero who had a key role in the Great Escape from a Nazi prison camp has died at 102.

Hartlepool-born Captain Charles Vyvyan Howard distracted Stalag Luft III's guards by chatting to them in German, while his comrades burrowed for freedom.

The Royal Navy pilot did not enter the tunnels and survived the ill-fated escape bid when 50 men were recaptured and then executed. He also joined a camp breakout plan made famous in film The Wooden Horse.

Charles was later forced to join the 1945 Long March that saw Nazis force PoWs to flee the Russians with them. Post-war, the dad of three kept serving and was awarded a Distinguished Service Cross in 1956.

Charles died at a nursing home in Banbury, Oxon. In son Vyvyan said in tribute: "He was a wonderful man."

Courageous…Charles at home and right, in wartime when he tricked the Nazis

30 years of Jools

LATER... With Jools Holland will celebrate its 30th anniversary with a live night of music and surprise guests.

The BBC2 staple has notched more than 450 episodes since 1992 and guests have included Adele, Stormzy and Amy Winehouse.

Bandleader Holland will mark the occasion in front of 3,000 fans at the Eventim Apollo, London, on October 5, with the broadcast taking place later this year.

Pictures: DURHAM UNIVERSITY/SWNS

Even unborn babies frown at eating greens

By **Tom Wilkinson**

CHILDREN'S hatred of greens – and an apparent love of carrots – start in their mums' wombs, astonishing evidence reveals.

Scans of 100 mothers-to-be show foetuses giving more "laughter-face" responses at carrots, but "cry-face" reactions to kale.

The findings by scientists at Durham University could now aid research into how human taste and smell receptors develop.

They believe what pregnant women could influence their children's taste preferences – and could help form healthy eating habits.

It is thought foetuses experience flavour by inhaling and swallowing the womb's amniotic fluid.

Experts recorded reactions soon after the mums took carrot and kale flavour capsules.

Postgraduate Beyza Ustun, who led the research, said: "Studies have suggested babies can taste and smell in the womb, but they are based on post-birth outcomes.

"Our study is the first to see these reactions prior to birth. We think repeated exposure to flavours before birth could help to establish food preferences post-birth – which could be important when thinking about messaging around healthy eating and the potential for avoiding 'food-fussiness' when weaning.

"It was really amazing to see the unborn babies' reaction and share those moments with their parents."

Facial reactions seen in both flavour groups showed exposure to just a small amount of carrot or kale flavour stimulated a response.

Research co-author Professor Jackie Blissett, of Aston University, Birmingham, said: "The next step is to examine whether foetuses show less 'negative' responses to these flavours over time, resulting in greater acceptance when babies first taste them outside of the womb."

The study appears in the journal Psychological Science.

'Cuddle' is a comforting word

By **Stian Alexander**

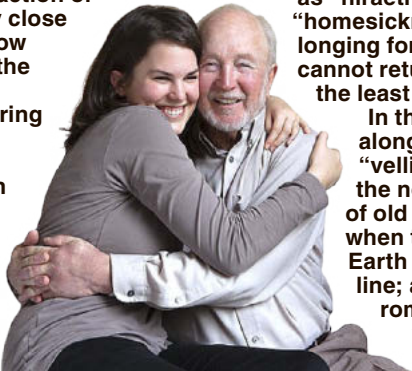
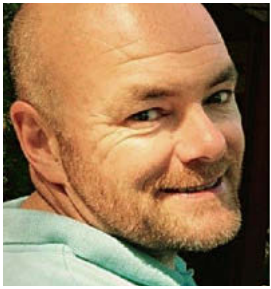
THE word "cuddle" is just as pleasing as the squeezing it describes, a study has discovered.

It has been named the most loved of all the 171,476 words in the Oxford English Dictionary.

Defined as "the action of holding somebody close in your arms to show love", cuddle was the word people most loved reading, hearing and saying.

In a poll by greetings card firm thortful.com, "cuddle" was followed in popularity stakes by "picturesque", "aurora", "serendipity" and "kerfuffle".

However, it seems Britons dislike rare words with strange spellings – as "hiraeth", meaning "homesickness and a deep longing for a home you cannot return to", was voted the least appealing word.

In the bottom four alongside hiraeth were "vellichor", meaning the nostalgia and scent of old books; "syzygy", when the moon and Earth are in a straight line; and "limerance", a romantic infatuation with another person.

Body language... having a cuddle

Crash…PC Dumphreys

Ban 'faulty' police cars, widow says

By **Paul Jeeves**

THE widow of a police officer killed when his patrol car crashed and burst into flames has urged forces to ban a fault-prone BMW model.

An inquest into the death of PC Nick Dumphreys, 47, heard he died in 2020, due to a catastrophic fault in the BMW 330's N57 engine.

He had been travelling at high speed on the M6.

This year BMW advised officers not to drive them over 90mph.

PC Dumphreys' wife Kathryn, 41, also a police officer, said: "The scary thing is that this could happen again."

The coroner at the inquest in Carlisle will deliver his ruling at a later date.

Loss…Rio with Kate

Kate: How I knew I'd lost baby

By **Mark Jefferies**

KATE Ferdinand has opened up about her miscarriage in July, saying she knew at her scan because of the midwife's silence.

Speaking on her Blended podcast, the wife of former England and Manchester United star, Rio Ferdinand, said she had a bleed shortly before the 12-week scan.

The 31-year-old, who gave birth to son Cree in December 2020, said: "So we were both quite anxious already.

"The minute I looked at the lady…the facial expression. And then the lady just didn't say anything. It was awful. I just burst into tears.

"They said, there's no heartbeat."

Pictures: SKIMS

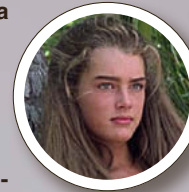
Superfit Brooke makes a Dash for star lingerie

By **Paul Jeeves**

FROM Endless Love to ageless beauty, Brooke Shields proves she's still a hot property in a stunning lingerie photoshoot.

The 57-year-old actress and model looked in superfit shape posing in the new SKIMS undies range by reality star-turned-fashion designer Kim Kardashian.

Busy Brooke hit the big time aged 14 in the 1980 movie Blue Lagoon, inset, and followed it up a year later with Endless Love.

She has starred in many more movies and hit TV sitcoms and shows over the years. But she was clearly thrilled to be modelling again.

Sharing some shots with her 1.5million Instagram followers, she said: "I'm so honoured and excited to be in @SKIMS first ever bra campaign."

Timeless… Brooke in underwear designed by Kim Kardashian

28 years for murderer who said 'Killing isn't always a bad thing'

Drunk loner stabbed neighbour 17 times after motorbike row

Victim…Dean Allsop, Jamie Crosbie, inset

By **John Twomey**

A DRUNK loner who stabbed his neighbour to death in a row over a noisy motorbike and then said he was glad he was dead has been jailed for life.

Jamie Crosbie, 48, used two knives and a saw to murder father-of-three Dean Allsop, 41.

In footage recorded by police officer, Crosbie said: "I'm very happy about that, killing people isn't always a bad thing".

Crosbie stabbed him 17 times in their street after hearing engine noise from a motorbike belonging to Dean's son.

Two women who tried to help Dean – his partner Louise Newell and their friend and neighbour Kerryn Kray – were also attacked by Crosbie.

Yesterday at Norwich Crown Court Judge Anthony Bate jailed Crosbie for a minimum of 28 years, saying: "I regard you as a very dangerous man."

Crosbie was found guilty of murdering Dean after a 12-day trial. He was also convicted of the wounding with intent of Ms Newell and Ms Kray. Dean, of Thorpe St Andrew, Norfolk, was pronounced dead at 8.18pm on April 14 last year.

After being told his neighbour was dead, Crosbie told police: "That's a good thing, that's the best news I ever heard."

Yesterday, Ms Newell said in a statement read to the court: "I will never forgive Crosbie. I hope he's never released." He had earlier been convicted of threatening Dean with a knife and hammer for putting rubbish in his bin. The court heard that a psychiatrist said Crosbie had a "delusional disorder".

Crosbie had drunk around a bottle and a half of wine before the killing. Judge Anthony Bate said: "You're aptly described as an isolated man living alone.

"You showed callous indifference to Dean's fate after he had been repeatedly stabbed. You left him bleeding and made no attempt to summon help."

Wife stab man freed

By **Emily Pennink**

A 90-YEAR-OLD man has been spared jailed after stabbing his blind and ailing wife of more than 60 years.

Retired butcher Edward Turpin attacked spouse Joan with a carving knife at their home in Orpington, Kent last September.

He was cleared of attempted murder but found guilty of a lesser offence of wounding, at London's Old Bailey.

Yesterday, he was sentenced in his absence to two years in custody suspended for two years. He has been admitted to hospital with pneumonia.

Mrs Turpin, also 90, is now in a care home.

Generation downsize

By **Vicky Shaw**

MORE young people than over-55s are "downsizing" their lifestyles to deal with the cost of living, data show.

Around 20 per cent of under-35s are doing this compared with 14 per cent of their older peers.

Young adults are also around twice as likely as over-55s to be relying on credit cards for spending.

Some 27 per cent of under-35s are delaying big purchases while 26 per cent are not taking holidays, a poll for Starling Bank found.

The firm's Helen Bierton said young adults are trying to "cushion themselves by taking a proactive approach to money".

Shearer's wooled title

By **Rhys Griffiths**

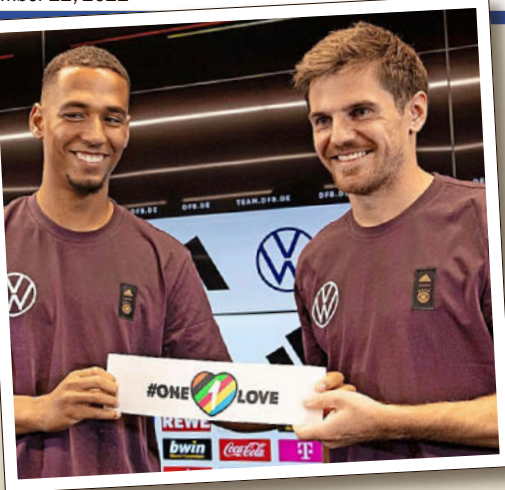
A BRITISH woman has set a new female world record for sheep shearing after buzzing her way through 370 animals in eight hours.

Farmer Marie Prebble, 34, has been fleecing sheep for 10 years.

She needed to undergo gym sessions and a training plan to get fit enough for the record attempt in Cornwall.

Marie said: "I feel this is almost the beginning for me in terms of how far I could take it. It becomes addictive."

The current men's record holder is Ivan Scott from Donegal, Ireland, who managed to shear 744 sheep in eight hours back in 2012.

Picture: GETTY

Harry flies a rainbow over Qatar

'Message'... Harry Kane in the anti-hate OneLove armband

By **Cyril Dixon**

HARRY Kane vowed to beat the bigots yesterday as he showed off the rainbow armband he will wear for the Qatar World Cup.

The Three Lions' captain said he would "send a clear message" to haters by joining other team leaders in donning the anti-discrimination, OneLove symbol during their matches.

Campaigners have attacked the tournament's Gulf state hosts for their criminalisation of same-sex relationships and LGBTQ+ rights.

Kane and FA chiefs insist the games – which start in November – must be inclusive and want organisers to assure the safety of gay fans.

The Spurs striker said he was "honoured" to lead the drive alongside the captains of Wales, Germany, France, the Netherlands, Belgium, Denmark, Norway, Sweden and Switzerland. He added: "As captains we may all be competing against each other on the pitch, but we stand together against all forms of discrimination."

"This is even more relevant at a time when division is common in society.

"Wearing the armband together on behalf of our teams will send a clear message when the world is watching."

Kane will first wear the band as England meet Italy in the Nations League on Friday.

The FA is also lobbying governing body FIFA to compensate the families of migrant workers killed building Qatar's stadiums, says its chief executive, Mark Bullingham.

Labour MP on the wrong track with train delay tweet

By **Cyril Dixon**

LABOUR MP Zarah Sultana was left red-faced yesterday after she blamed her train's delay on privatisation – only to be told the service was state-owned.

The Coventry South member suffered further embarrassment when it emerged that the damaged power lines behind the hold-up are also run by public firm Network Rail.

Social media critics poured scorn on Ms Sultana's ignorance after she tweeted her annoyance at being three hours late for a cost-of-living campaign rally in Leeds.

One Twitter user claimed she "doesn't know very much", while another quipped: "Imagine being this ill-informed. Just Embarrassing."

The MP began the exchange by posting a photo of herself on the train, looking glum as she travelled from London to the union-backed event on Tuesday.

She wrote: "My train to Leeds for tonight's Enough is Enough rally has been stopped just outside London for the last 3 hours. I'm sorry not to be there! Just another reminder that we need to bring rail into public ownership and make it fit for the future!"

Oops...Ms Sultana

But London North Eastern Railway, which runs the service, replied to apologise and pointed out that LNER is owned by the Department for Transport and the franchise has been in public hands since 2018. LNER also explained that the problem at Stevenage, Herts, was caused by damaged overhead wires – which are maintained by Network Rail.

The company added: "You will be able to claim for delay repay compensation up to the cost of your ticket if you were delayed by 30 minutes or more. If there is anything we can to help, please do get in touch."

John Bell, commented on the Twitter exchanges: "Just a reminder that all the infrastructure of the UK's rail system is already in public ownership. And it is this same nationalised structure that's keeping Zarah there for three hours. Zarah doesn't know very much."

Phil Rann added: "Congrats for proving your own point. This is what happens when you go straight from university to an £84,000 salary instead of living in the real world."

Ms Sultana was contacted for comment.

Anarchy in the auction as Pistols sell out

Pictures: PA

Record collection...Pistols art. Lydon, inset

By **Alex Green**

PUNKS might rebel against the idea of selling out, but a collection of Sex Pistols memorabilia is expected to fetch thousands next month.

Put together by art dealer Paul Stolper and critic Andrew Wilson, it includes work by Jamie Reid, who designed iconic record sleeves for the band fronted by John "Johnny Rotten" Lydon.

Reid's ripped union flag design for 1976 single Anarchy in the UK could fetch £3,000 to £5,000. And his image of two buses going to "Nowhere" and "Boredom" for 1977 hit Pretty Vacant is estimated at £6,000 to £8,000.

Sotheby's described the collection as "the finest of its kind ever to come to market".

Dreams linked to dementia

By **Hanna Geissler**

PEOPLE who suffer frequent nightmares in middle age are more likely to be diagnosed with dementia in later life, a study suggests.

Researchers found bad dreams may become prevalent several years or even decades before symptoms such as memory problems set in.

Scientist think one reason may be that sleep disruption caused by the nightmares could cause a build up in the brain of proteins linked to the degenerative disease.

Dr Abidemi Otaiku, of the University of Birmingham's Centre for Human Brain Health, said: "While more work needs to be done to confirm these links, we believe bad dreams could be a useful way to identify individuals at high risk of developing dementia, and put in place strategies to slow down the onset of disease."

The findings were published in The Lancet journal, eClinicalMedicine.

18 Saxon graves in car park

By **Alex Barton**

SAXON graves have been discovered beneath a car park – with six of the skeletons clutching knives.

Eighteen burials in all were unearthed at the Lion Green Road facility in Croydon, S London.

Eight of the remains – found by the Museum of London Archaeology and dating from around the early Middle Ages – were well preserved.

An archaeological survey had been ordered by Croydon Council as part of the Coulsdon site's redevelopment. It is due to become a 157-home estate.

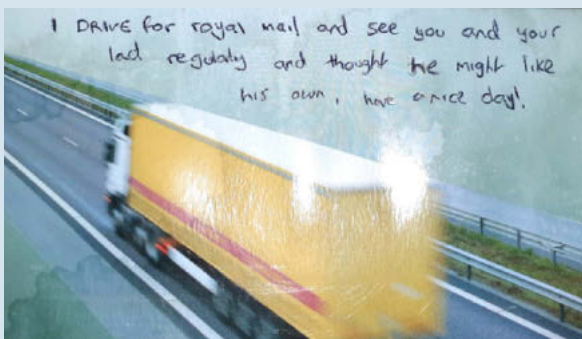
Twelve of the graves were found during a dig in 2021, while a further six were discovered earlier this year.

All are believed to be Saxon and experts have revealed six of the skeletons were found buried with iron knives in their left hands.

Previous digs on the site, near an old high street, have unearthed Roman burials, an undated dog burial and two disturbed graves.

First-class delivery... Darren with sons Alex and Will, and the gift from the Royal Mail driver

Red letter day for avid truckspotter Alex

I DRIVE for royal mail and see you and your lad regularly and thought he might like his own, have a nice day!

Kindness...The note to Darren left on the motorway bridge

By **Chris Riches**

A ROYAL Mail driver delivered tears of joy for a dad after leaving a model truck on a motorway bridge where his disabled son visits to wave at lorries.

Alex Chesters, 27, of Stafford, has cerebral palsy.

Three times a week he loves to stand on the bridge over the M6 to wave at his favourite red HGVs as they go by.

One trucker noticed Alex and left a model of a Royal Mail wagon on the bridge with an unsigned note for "the dad and the lad who watch the trucks". The note added: "I drive for Royal Mail and see you and your lad regularly and thought he might like his own. Have a nice day!"

Alex's father Darren, 56, said: "I cried when I saw it and Alex was chuffed. I can't believe someone has been that kind." The father and son – along with Alex's brother, Will, 22 – visit the Ash Flats Lane bridge in Stafford, above the M6, every week.

Darren said: "This Royal Mail driver kept seeing us waving. His kindness has gone above and beyond. It's restored my faith in humanity.

"Alex really doesn't ask for much, the simplest things in life are the best."

Darren put a thankyou post on Facebook which has gone viral with almost 100,000 likes.

Driving instructor jailed after stalking student, 19

By **Paul Jeeves**

Obsessed...Graham Mansie

AN "INFATUATED" driving instructor who terrorised a former pupil by stalking her has been jailed.

The 53-year-old drove 200 miles just to sit outside his 19-year-old victim's university room.

The incident broke a restraining order handed to Graham Mansie just nine days earlier for targeting terrified student Maisie Relph.

Carrying craft knife blades, Mansie drove from Beckenham, Kent, to York where Maisie is studying psychology.

Her friend spotted him at 11.20pm under a tree outside their campus accommodation and alerted university security who called the police.

Officers found him sobbing before realising he had attempted to slash his wrists, causing superficial wounds.

The incident on May 27 came after magistrates in Bromley, Kent, handed the instructor a two-month suspended jail sentence for stalking. The court heard he had become obsessed with the teen when he was teaching her to drive.

Mansie set up social media accounts about her and joined a WhatsApp group for her Halls of Residence in York and even drove to the campus in October last year.

He was arrested and charged with stalking, receiving a suspended sentence in May which he ignored and went to York the next week.

Mansie pleaded guilty to breaching the order and possessing a blade.

Severe anorexia... victim Maisie Relph

Yesterday, Judge Simon Hickey jailed him for 20 months at York Crown Court and imposed an indefinite restraining order. Judge Hickey warned him the sentence for any future breach would be measured in years, not months.

Maisie said the stress has caused severe anorexia. She added: "I think about what happened every day, constantly paranoid about what could happen. I thought things could not get any worse.

"However, when Mr Mansie breaks a legal order just nine days after sentencing, it leaves me to question if this will ever end. I am now a 19-year-old battling a severe mental illness and having to live with a 53-year-old stalker, whilst trying to get a degree."

Letting nature run free in cities 'can combat extreme weather'

By **Steph Spyro**

FLOODING and heatwaves could be reduced by allowing nature to run wild again in cities.

Private gardens, public parks and waterways are among sites where "rewilding" can help, says the Zoological Society of London.

Its climate expert, Dr Nathalie Pettorelli said restoring plants and animals driven out by man could "buffer" cities against "extreme climatic events".

The move would "help to cool them and create natural flood defences" as well as boosting urban wildlife via habitat creation.

Rewilding involves restoring land to its uncultivated state and bringing back species forced out by human activity.

The Eurasian beaver, extinct here for 500 years due to hunting, has recently been reintroduced to waterways near London.

Dr Pettorelli said: "For the rewilding of urban spaces to work, we need the buy-in and support of policy makers, funders, conservation scientists and of course, local communities."

Back... Eurasian beavers

The target...a golden eagle homes in on a chamois goat in the Italian Alps

The eagle has

EXCLUSIVE
By **Nicola Methven**
TV Editor

A GOLDEN eagle grabs a full-grown mountain goat 10 times its weight and hurls it down a sheer cliff in a brutal food kill.

The never-before filmed scene is revealed in Frozen Peaks, Sunday's episode of the BBC's Frozen Planet II series.

The cameras first show how a mating pair of eagles kill baby chamois goats in the Italian Alps. They lift them high into the air before dropping them. As summer ends, the goats have grown to become juveniles – but the eagles go one stage further by successfully tackling a full-sized chamois.

Producer Alex Lanchester said

Sharma's plea over 'critical next step' for world's forests

By **Steph Spyro**

WORLD leaders need to scale up action to protect and restore forests across the globe, climate tsar Alok Sharma has said.

The President of COP26 invited countries to join the Forests and Climate Leaders' Partnership, which will build on commitments made in Glasgow last year.

More than 140 leaders from countries with more than 90 per cent of the world's forests agreed to work together to reverse forest loss and land degradation by 2030.

Mr Sharma said: "I'm proud to be calling for this partnership. Forests are a precious resource that act as the lungs of the world.

"At COP26, we saw incredible ambition with more than 140 countries committing to halt and reverse forest loss by 2030. This partnership is a critical next step to collectively deliver on this promise and help keep the goal of limiting global warming to 1.5C alive."

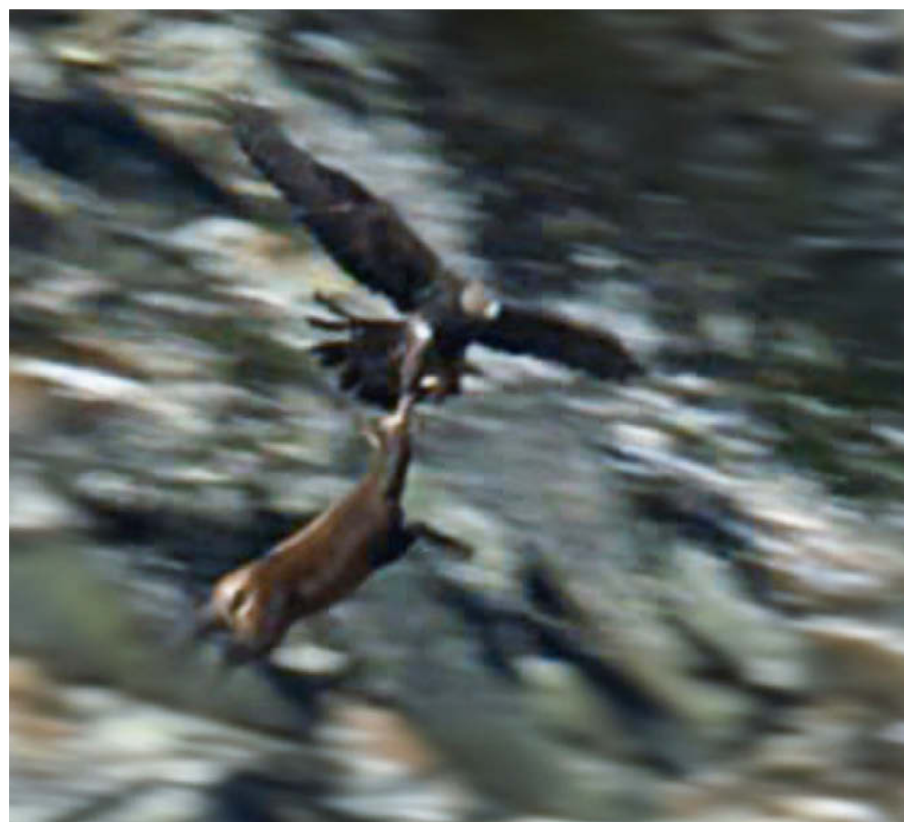
The US, Norway and Gabon are among members who will meet at COP27 in Egypt in November.

Woodlands makes up around 14 per cent of the land area of the UK, with 3.2 million hectares.

The Daily Express has called on governments and citizens to help make space for nature through our Green Britain Needs You campaign.

Your paper has backed the Royal Society for the Protection of Birds' bid to buy Horse Common, a 94-acre plot in the New Forest.

More than half of the £90,000 needed has been raised to transform the woodland into a wildlife haven, with the support of naturalist Chris Packham and

Pictures: BBC, PA

The capture...the fearsome raptor grasps its prey in its talons and drags it over precipice

The kill...the helpless, writhing goat is dropped over the gorge and plunges to its death

landed an adult goat for dinner

the BBC's Natural History Unit team could not believe what they were witnessing.

He said: "It's never been filmed before. We knew they went for the calves in spring – but not the adults.

"It's extraordinary behaviour. These goats weigh 10 times the weight of the eagle so it's incredibly heavy.

"They are huge and the way that the eagles kill them is they pick them up and drop them off the cliff. It's very brutal. They hunt in pairs."

The grisly, but incredible action takes place in the Gran Paradiso National Park.

Viewers will see one of the eagles, flanked by its mate, targeting the adult chamois standing near the cliff edge.

The eagle seizes it in its talons,

dragging it along, before flying out over the precipice.

When it lets go over the gorge, the doomed goat is seen flailing in the air as it plunges to the ground, where it is killed instantly on impact.

Renowned naturalist Sir David Attenborough, who narrates the series, explains it is important for the eagles to get as much food as possible in the early winter, when prey on the frozen mountain tops becomes scarce.

But he points out the birds also put themselves in grave danger.

Sir David says: "It's an extremely risky move. If the eagle breaks a wing, it would be fatal.

"But a kill this size will sustain a pair for days."

● *Frozen Planet II can be seen on Sunday at 8pm on BBC One.*

Protection plea...Alok Sharma

model Jo Wood. Ecotricity founder Dale Vince, who backs the appeal, said: "Horse Common is a vital piece of the wildlife puzzle in the New Forest – it sits between two wildlife areas the RSPB manages.

"If our campaign with the Daily Express is successful – the RSPB will be able to join the dots for nature and create one much bigger wildlife area – and create some new habitats like wet woodlands."

To support the cause, send cheques payable to "RSPB" to Daily Express Horse Common Appeal, RSPB, The Lodge, Sandy, Bedfordshire, SG19 2DL or donate via www.rspb.org.uk/horsecommonappeal.

A cause 'close to my Grandmother's heart'

William's poignant message to environmental pioneers

By **Steph Spyro**

THE Prince of Wales has told how protecting the environment was a "cause close to my Grandmother's heart".

Grieving William made the comment during a speech for the Earthshot summit, recorded at Windsor the day after Her Majesty's funeral.

He said he had taken comfort in the enthusiasm people have shown for the global environmental competition he is involved in during the "saddest of circumstances" since the Queen's death.

William's ambitious Earthshot Prize was launched last year. It invites people from across the world to come up with innovative solutions to the planet's most pressing environmental concerns.

He said: "During this time of grief, I take great comfort in your continued enthusiasm, optimism and commitment to the Earthshot Prize and what we are trying to achieve.

"Protecting the environment was a cause close to my Grandmother's heart, and I know she would have been delighted to hear about this event and the support you are all giving our Earthshot finalists – the next generation of environmental pioneers."

The 40-year-old Duke of Cornwall and Cambridge cancelled his solo trip to New York for the event following the Queen's death on September 8.

The father-of-three was due to be joined by philanthropists and previous winners of the global £50million environmental competition.

In yesterday's broadcast he said: "I know that the world is an uncertain place right now. That many families and communities across the globe are facing unimaginable challenges – from conflict to energy crises and food shortages.

"While addressing these in the short-term, we must also remain resolutely focused on tackling the greatest challenges that threaten our tomorrow. Because if we don't, the changing climate will only serve to entrench these immediate challenges into fundamental global issues, severely impacting the lives of each and every one of us.

"That is why our collective mission is so urgent."

This year's Earthshot awards ceremony will be held in Boston, US, in December.

Ending his speech, William said: "Both Catherine and I are so excited to be coming to Boston in December and we look forward to seeing you all very soon."

The summit was co-hosted by the 77th session of the UN General Assembly and Bloomberg Philanthropy during New York City's Climate Week.

Passionate...the Prince speaking after funeral

HICKEY

WITH Paddington Bears appearing all over the country in tribute to the character's late co-star the Queen, I hear there's encouraging news on the horizon regarding the fate of his London statue.

Regular readers will recall Homes Under The Hammer presenter Martin Roberts speaking out back in July against an unfortunate decision at Paddington Station to remove the bear's statue from his prominent place under the station clock – instead shunting him next to a drain and smoking area.

The powers that be now appear to have had a welcome change of heart: I'm reliably informed there will be an "exciting announcement" regarding the relocation of Paddington's statue in the coming weeks.

PROMOTING new film Ticket To Paradise with co-star George Clooney, Julia Roberts points out: "I've seen more beautiful ladies' cheeks turn very pink in front of George than I can count."

Appearing on ITV's Lorraine, Clooney, 61, then can't resist highlighting his past success topping a certain poll, playfully reminding viewers: "I don't want to get into it, but I was the two-times 'sexiest man alive'." He adds: "Pretty boy [Brad] Pitt had to get in a couple of times, because he runs a good campaign."

CURMUDGEONLY retired theatrical agent Michael Whitehall, who, as I noted yesterday, complains famous clients never pay for lunch, also recalls attempting to dissuade one young hopeful from embarking on an acting career.

"I said: 'It will never work,'" explains Whitehall, who has represented some of Britain's biggest stars. Michael's judgment proved somewhat wide of the mark: the boy in question was future movie heart-throb Robert Pattinson, most recently seen on the big screen as the new Batman.

REUNITED for upcoming film The Great Escaper – 47 years after they last appeared together on screen – have Sir Michael Caine and Glenda Jackson managed to diplomatically avoid discussing politics?

While ex-Labour MP Glenda was a Remainer, Tory-supporting Sir Michael was a high-profile Brexiteer...

RECALLING the dispiriting moment over 20 years ago when he informed his two eldest sons he was leaving his career as a pharmaceuticals salesman, Liverpudlian comedy star John Bishop says: "I sat them down and said, 'Listen lads, stuff you've got used to like holidays might have to go... because I'm going to be a comedian." He adds: "They went, 'But you're not funny.'"

Thankfully for Mr Bishop, a significant percentage of the British public disagreed!

HAVING enjoyed a warm relationship with His Majesty, outspoken actress Miriam Margolyes enthuses: "I feel optimistic about King Charles, whom I totally respect." An encounter with the late Queen didn't go so well, alas. While once among guests at Buckingham Palace, Miriam made an ill-advised attempt to interrupt Her Majesty's conversation with a fellow attendee. The Queen firmly ordered the overly chatty star to "be quiet".

EXCLUSIVE

By **Kathryn Harkup**

TOXIC

As the James Bond film franchise nears its 60th anniversary, chemist and author KATHRYN HARKUP takes a look at the science behind the macho superspy's most poisonous plot twists

CAN it really be six decades since Ursula Andress first emerged from the sea, resplendent in her iconic ivory bikini, knife on her hip, clutching a pair of conch shells, to become the first Bond Girl, Honey Ryder? Well dust off your Walther PPK, and get out your gadgets, because the 007 film franchise is celebrating its 60th anniversary next month.

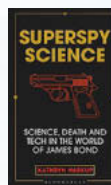
The big-screen adaptation of Ian Fleming's superspy novel, Dr No, was released in the UK on October 5, 1962, and Sean Connery uttered those immortal words: "Bond, James Bond", changing films – and our perception of espionage – forever.

Science and technology have always been a crucial part of the Bond mix, from lasers to amphibious cars to stealth boats, biological warfare and huge, floating fortresses. Often far from scientifically accurate, especially in the earlier films, we enjoy them as part of the indulgent, over-the-top entertainment of the movies.

As a chemist and science author I'm especially interested in the many toxins that pop up in a multitude of grisly ways in the films. Not everyone would immediately associate the world of James Bond with poisons but there have been a surprising number of toxic substances deployed in the films: deadly gases, darts, cigarettes and drinks, and many poisonous animals (scorpions, spiders, monitor lizards, octopuses, and snakes for starters).

My new book, Superspy Science, looks at everything from the practicalities of building a volcano-based lair, to whether being covered in gold paint really will kill you, and – if your plan is to take over the world – whether it is better to use bacteria, bombs or poison. Whatever the next 60 years has in store for 007 fans, we'll have to wait and see.

Obviously I'm hoping for many more instalments of the James Bond franchise and a few more poisoning plots and toxic twists along the way. Until then, here are my favourite five toxic moments from Bond on the big screen.

● *Superspy Science: Science, Death and Tech in the World of James Bond by Kathryn Harkup (Bloomsbury, £17.99) is out now. To order for £16.19 with free UK P&P, visit expressbookshop.com or call 020 3176 3832*

OCTUPUS TO THE FACE: OCTOPUSSY (1983)

KILLER MOLLUSC: Octopus venom takes baddie's breath away

WITH that title, it is only fair that at least one character should be killed by an eight-limbed mollusc.

In the blockbuster finale fight at Octopussy's palace, Bond (played by Roger Moore) shoves a henchman head-first into a fishtank – the unlucky goon emerging with an octopus wrapped around his face. Suffocation might seem the obvious cause of death, but in fact Octopussy (Maud Adams) doesn't have just any-old pet cephalopod, she keeps a blue-ringed octopus.

They use venom to kill their prey (or any baddies that dare to intrude into their home). The venom is tetrodotoxin. It blocks the action of nerves so the victim is completely unable to move, even the muscles that control breathing. Victims of tetrodotoxin poisoning do, in fact, suffocate, but because of the effects on their nerves. In the case of Octopussy, having your airways obstructed by an octopus certainly wouldn't help either.

There is no known antidote for tetrodotoxin and the only hope of survival is rapid medical attention and mechanical support for breathing while the toxin clears from his body. In the film, the action doesn't linger over any clear-up operation or medical response but that henchman is probably a goner.

DRAX'S PLAN FOR WORLD DOMINATION: MOONRAKER (1979)

IGNORE the more ridiculous aspects of this film, like the space lasers and most of the plot. Hugo Drax's dastardly plan to wipe out most of the human race and replace it with his chosen group of beautiful people contains a surprising amount of chemistry.

Drax (Michael Lonsdale) has developed a nerve gas from a compound found in a rare orchid. The orchid is invented, as is the poison that derives from it. But the idea that compounds found in plants can be extracted, manipulated and made useful is solid science. Many chemicals, from food additives to medicines, originate in plants, though the scientists who work on them are trying to benefit humanity, not destroy it.

In the film, when MI6 quartermaster Q (Desmond Llewelyn) briefs Roger Moore's 007, he shows the chemical structure of the compound. The film deserves an A+ for effort – but basic chemical errors in their drawing of the structure marks it down to a C- for execution.

NERVE GAS: Moore's 007 and co-star Lois Chiles in protective suits

DIGITALIS IN THE DRINK: CASINO ROYALE (2006)

IN Bond's poker battle with Le Chiffre (Mads Mikkelsen) it looks like the baddie is going to lose so he tries to take out his opponent with a poisoned martini. Bond, Daniel Craig in his first outing as 007, staggers out of the hotel, sweating and breathing hard, to hook himself up to a heart monitor and some kind of blood-tox analyser (handily, standard issue in a 00-agent's car). The results indicate it is digitalis, an incredibly potent heart drug. The monitor shows his pulse is racing and lists drugs that could counteract the effects of the poison before Bond goes into cardiac arrest.

Ignoring the fact that the digitalis acts far too quickly (this is an action film, not a slow-paced medical drama), the treatment with lidocaine is actually an excellent strategy to deal with the abnormal heartbeat produced by digitalis.

The shock from the defibrillator that Vesper Lynd gives to him, however, is not such a good idea – it could trigger worse arrhythmias or even stop 007's heart altogether.

SERIOUSLY SHAKEN: 007's martini has been spiked with digitalis

MASCULINITY!

CYANIDE-SCARRED FACE: SKYFALL (2012)

THE CLASSIC bit of chemistry associated with spies is the cyanide pill they are all supposed to carry. Cyanide crops up a number of times in the James Bond films, knocking its victims unconscious in a few seconds and killing them shortly after. At worst they suffer twitching or frothing at the mouth. This is the sanitised and speeded up version of the reality of cyanide poisoning – headaches, disorientation, vomiting, convulsions, coma and death – all of which can take between seconds and minutes in real-life.

In Skyfall things get more graphic but less accurate. The villain Raoul Silva, played by Javier Bardem, confronts M (Judi Dench) by showing what happened when he bit down on his standard issue cyanide capsule. He pulls a prosthetic out of his mouth revealing hideous damage to the bone: a sunken eye socket, rotted teeth and misshapen jaw. It looks dramatic, but this is simply not what happens.

Cyanide will undergo a chemical reaction in the mouth to produce hydrocyanic acid. Acids have the potential to react with the calcium carbonate in bone but hydrocyanic acid is very weak, weaker even than the acetic acid in vinegar – and you can eat that on your chips.

To be fair, the acetic acid in vinegar is very dilute and the cyanide in Silva's capsule would have been very concentrated. Damage to the soft tissues inside the mouth would not be unexpected. But extensive damage to skull bones is highly unlikely. However, it does make for a very dramatic moment.

ACID TEST: Bardem's villain is scarred by suicide pill

ROSA KLEBB'S SHOE: FROM RUSSIA WITH LOVE (1963)

THE scene where the sadistic SPECTRE operative Rosa Klebb chases 007 around his hotel room trying to kick him with a blade hidden in her shoe is a classic. Bond, this time Sean Connery in his second outing as 007, may be trying to avoid a potentially nasty stab wound, but the audience knows far worse is in store for the secret agent if Klebb (Lotte Lenya) hits her target because the tip of the blade has been laced with a lethal venom.

Venoms found in nature are usually complex blends of salts, amines and proteins. The mix, and the components themselves, vary enormously between different species. The salts, often potassium-based, cause extreme pain as they interact with the nerves.

The amines also affect the nerves by altering the chemical messages sent between nerve endings. Proteins, in the form of enzymes, can damage cells, muscles, blood vessels and the nervous system. In an earlier scene in the film another agent, this time Russian, is stabbed with an identical weapon. He collapses and dies in 12 seconds.

Any substance that kills in under a minute would be considered fast-acting, but 12 seconds is astonishingly quick.

The venom isn't named but many, particularly from sea snakes, can be fast acting because they need to be. Sea snakes use their venom to kill prey, and if it isn't incapacitated rapidly, it can swim off and the snake loses its dinner. The prey may not actually be dead at this point but the outcome is clear. The same could be said for the Russian agent who collapses on the floor. He may not be stone cold dead after 12 seconds, but as no one tries to help him, he might as well be.

TOE-TO-TOE: Rosa' s venom spike almost saw off Bond

Pictures: ALAMY, UNITED ARTISTS

Picture: DARREN DAWSON / SWNS

You want chips with that?

By **Ellie Forbes**

IT looks like this cormorant has bitten off more than it can chew as it struggles to wolf down a huge fish in one go.

Darren Dawson pictured the bird having plaice for lunch at the Eden Estuary nature reserve near Guardbridge, Fife.

The keen photographer said it took the hungry cormorant a few attempts to eat the flat fish – before it eventually swallowed it whole. Darren, 50, of Dundee, added: "Photography has been a hobby of mine for the past 10 years.

"But I have not seen or photographed anything similar to this."

Clearly for Darren and the cormorant it was a case of right time, right plaice...

THE NATIONAL LOTTERY

WEDNESDAY SEPTEMBER 21
LOTTERY
6 13 28 34 37 45 24
THUNDERBALL
17 18 19 37 39 2

TUESDAY SEPTEMBER 20
EUROMILLIONS 11 21 23 32 48 3 12
THUNDERBALL 8 12 21 31 32 14

MONDAY SEPTEMBER 19
SET FOR LIFE 9 25 34 37 47 2

THE HEALTH LOTTERY

WEDNESDAY SEPTEMBER 21
6 7 8 13 23 11

TUESDAY SEPTEMBER 20
3 21 26 36 48 4

The society benefiting from all draws in the month ending September 30, 2022, is Northern Health Equality CIC trading as Health Lottery North West.

30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30 seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

										YOUR ANSWERS
Beginner	65	-17	÷4	-7	x9	+13	50% OF THIS	-23	SQUARE IT	
Intermediate	12	SQUARE IT	+76	7/10 OF THIS	+166	80% OF THIS	-58	2/3 OF THIS	+174	
Advanced	616	8/11 OF THIS	-154	5/14 OF THIS	REVERSE THE DIGITS	-169	INCREASE BY 75%	+43	3/8 OF THIS	

QUOTE OF THE DAY

'Judging is so much easier on the knees'

Anton Du Beke on why he's in no rush to return to dancing on Strictly

SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

	8		9		3		1	
6		4						9
	3		5	1	6			
5		1		2		9		3
		3	8		1	2		
8		6		3		1		4
			1	6	7		4	
7						3		1
	4		3		2		7	

This is the Quick Sudoku for the solver in a hurry. For today's solution call:
09071812571
(Calls cost 80p per minute plus your telephone company's network access charge)
For extra clues call:
09013225602
(Calls cost 75p plus your telephone company's network access charge)

MORE PUZZLES – PAGE 56

YESTERDAY'S SOLUTION

1	6	5	9	4	3	2	7	8
4	7	3	6	8	2	5	1	9
2	8	9	7	1	5	3	6	4
3	1	7	8	5	9	6	4	2
9	2	6	4	3	7	1	8	5
5	4	8	1	2	6	9	3	7
6	5	2	3	7	4	8	9	1
7	3	1	5	9	8	4	2	6
8	9	4	2	6	1	7	5	3

DO YOU HAVE A STORY OR A PHOTO?

If you have a story:
020 8612 7077
or email:
expressnews@reachplc.com

If you have a photo:
020 8612 7171
or email:
expresspix@express.co.uk

For general inquiries:
020 8612 7000

WWW.EXPRESS.CO.UK FOR GREAT READER OFFERS

I'll never get back the years I lost with my son

It's estimated 180,000 women in the UK were forced to give up their babies for adoption from the 1950s to 1970s. Here, Michelle Pearson shares her heart-breaking story

SNATCHED AWAY Michelle with son before he was taken

Michelle Pearson will never forget the sunny January day when she said goodbye to her four-week-old son Tim.

It was 1972 and, because she was an unmarried woman, Michelle had been deemed an unfit mother and coerced into forced adoption.

"I was 16 when my parents found out I was pregnant. They said I couldn't stay with them if I had a child. My convent school arranged for me to be sent away to a mother and baby home," says Michelle, 67, a photographer and writer who lives in Hampshire with husband Stephen.

"After I gave birth, the situation was dressed up as if I had a choice about adoption," says Michelle. "But this was an illusion. Whenever I asked for information or support, no-one came back to me. I was told what I was asking for would not be good for the baby. It was always 'the' baby and never 'my' baby.

"Eventually they wore me down into thinking I really was an unfit mother, and that adoption was what was best."

Tim was to be given to a married couple – and after bonding with her baby for four weeks, Michelle had to say goodbye. "I didn't want to give him up, it was gut-wrenching," she recalls. "My memory is hazy. In fact, the whole experience was so traumatic I've blocked most of it out. But I have a precious photograph of us – me, Tim and his father, also called Tim.

"There's so much joy and love in my face. When I look at it I see I had everything it takes to be a mum."

She remembers the last time she saw Tim. "He was tiny and beautiful. I desperately wanted to hold him close, but I wasn't allowed." Numb, Michelle returned home. "I had to go back to normal. I wasn't supposed to reveal I'd been pregnant or talk about the grief I felt, or the horror and shame. I had to act like none of it had ever happened," she says.

TODAY Michelle hopes her story will help other forced adoption victims

"Some mothers didn't even get to say goodbye – they were told their baby was being put in the nursery and they could see them later – but that later never came. Others had a screen put up during birth – they never even saw their child."

In the 1950s, 60s and 70s, an estimated 180,000 mothers in the UK suffered the same fate as Michelle. Coerced into giving up their babies shortly after birth, arrangements were made for adoption by the Government, charities and churches.

"Babies were removed from women not deemed 'suitable' and given to married couples," says Veronica Smith, co-founder of the Movement for an Adoption Apology, who lost a daughter to adoption in 1965.

"Mothers were denied their babies and children were placed with strangers. Mother and baby homes, the Government, social services, some schools and the church were all complicit."

She hopes all involved will receive an official Government apology. "We want someone to stand up and say, 'What we did was wrong'," says Veronica. "Forced adoption has an irreversible impact on mother and child, psychologically and practically."

In July, the joint committee on human rights (JCHR) published a report saying the practice "lacked humanity".

Now MPs are calling on ministers to formally apologise to victims. Michelle was left with lasting trauma.

> "They wore me down into thinking I was an unfit mum and adoption was best

"The moment I let Tim go, I shut down. Ever since, I've suffered severe anxiety and panic attacks, and have been agoraphobic," she says.

After her forced adoption, she returned home to finish school. She broke up with Tim's father, although the pair remained in touch in case their son ever came looking for them. After university, she began a career in computing and, while at work, in her early 30s, she met her partner Stephen. "He was kind, caring – we are soulmates," she says.

The pair spoke about having children, but Michelle was hesitant. "I'd always thought that I should never have another child because of what I did to Tim," she says.

Then one day, in 1999, a letter arrived that would change everything. "I just knew it was from Tim," says Michelle. "I'd searched for him, and put my name on every register in the hope one day he'd look for me.

"I'd long made my peace with my parents. But after my mother passed away, I asked my father to write a letter on my behalf to the adoption agency. It was a last-ditch attempt."

The result found its way to Michelle's door. "My hands shook as I read the letter. After 28 years Tim [who had been renamed John and can't be identified] wanted to meet."

The pair were reunited in December 1999. "I couldn't believe after all this time, there he was – my son," says Michelle, who was then 45.

"It was bittersweet. Finally he was here again in the flesh. But I'd missed 28 years of his life. I'd missed loving him, being his mum, his first steps, his first words. That is still painful."

Michelle and John have remained close, meeting regularly. But they did so in secret until 2020 after John's adoptive parents had died.

"There never seemed a right time to tell them," explains Michelle. "It was hard for me. But I understood. John had to think of their feelings."

Now Michelle says she finally feels like a mother. "There are no secrets, I can just be me. I'm a mother to John and a grandmother to his daughter. Simply going for lunch with them and John's wife is the happiest of times."

But Michelle still holds a lot of anger. "I'll never get those lost years back. But I'm one of the lucky ones, I finally got my son back," she says.

"What's more, I know now it wasn't my fault – there was no real choice. I was treated with no compassion or love."

Michelle hopes sharing her story will help other women receive an official apology. "Like many I have suffered every day. Some to this day have still not told a soul what happened to them. I hope by shining a light on the forced adoption scandal this will change."

■ Taken, by Michelle Pearson with Eve Hatton, the first book in the Stolen Lives series, is out now (£9.99, Mardle Books)

INTERVIEW BY **HANNAH BRITT**

Take a breath

By harnessing the power of your breathing, you can do everything from cutting stress to falling asleep in 60 seconds or less, says **Stuart Sandeman**

We do it all day, every day, but we rarely think about how we breathe. Yet harnessing its power can help improve sleep, boost energy levels and enhance mental health, as well as aiding digestion and recovery from exercise.

What's more, it's free, you can do it any time, and it can give results in as little as 60 seconds.

"Taking control of our breathing can help us in so many aspects of our lives, and anyone can give it a go," says breathwork practitioner Stuart Sandeman, who has more than 50,000 followers on Instagram.

Here, Stuart explains how to tap into the life-changing benefits of breathwork.

Notice your breath

Take a minute to pause, close your eyes and notice how you're breathing.

Watch and feel how you're breathing – is it through your nose or your mouth? Does your belly expand first or does your chest? Is there any tension in your body? Are you breathing quickly?

Make a mental note.

Take a belly breath

When we take a deep breath, the diaphragm is pushed downwards, pushing out the belly. However, when we breathe into our chest it's a shorter, shallower breath, which sets off alarm bells in the body, creating a stress response.

A belly breath is slower and helps the body unwind. It puts us in a natural state of calm, so try breathing into your abdomen for 60 seconds.

Breathe out

If in doubt, breathe it out. If you're feeling stressed or overwhelmed, it's harder to use the part of the brain that allows us to come up with solutions.

If you're feeling overwhelmed, breathe in for a count of four through your nose, feeling your belly rise.

Hold it for four counts, then breathe out for a count of eight. You'll start to feel the effect within seconds, as it flicks the body's "off switch" and tells the body that everything is OK.

One round will help, but do it for a minute to get best results.

EXPERT Stuart Sandeman

Navy SEAL breath

Navy SEALs use this technique before going into a hostile environment. And it can help prepare the mind and body for challenging situations, such as an important phone call or a meeting.

With this type of breathing, the in breaths and out breaths are equal, so it balances the nervous system and the chemistry in the body.

First, breathe in for a count of four, then hold the breath for four, breathe out for four and hold for four. Do this for a minute.

Breathe yourself to sleep

This exercise increases the amount of carbon dioxide in the body, which helps us to feel drowsy and drop off to sleep.

It's a useful one to do when you go to bed, or if you wake in the middle of the night and can't nod off again. Start by breathing in through your nose for four counts, allowing your belly to rise, then hold the breath for seven counts, before letting it out through your mouth for eight counts.

Feel your whole body become relaxed and heavy as you do this for one minute.

Energy booster

Instead of reaching for yet another cup of coffee, why not try an energising breath?

This will help flick the "on switch" in the body, giving a much-needed boost. Breathe in through your nose, into your belly for half a breath, then into your chest for a half breath. Then breathe out fully.

Repeat this 16 times.

If you're feeling light-headed, stop and let your breathing return to its normal rhythm.

As it activates the body's stress response, take advice from a doctor before trying this if you have heart problems or are pregnant.

Get ready to eat

When we feel stressed, the body doesn't digest food properly, which can lead to weight problems and digestive issues over time.

Do this to relax your body and get into the optimal state for eating a meal.

First, breathe in through your nose for five counts, feeling your belly rise, then breathe out through your mouth for a count of 15, letting your whole body relax. Do three repetitions of this.

■ **Breathe In, Breathe Out: Restore Your Health, Reset Your Mind and Find Happiness Through Breathwork by Stuart Sandeman (£16.99, HQ) is available now**

INTERVIEW BY **ELIZABETH ARCHER**

Get in touch!
express.yourself@express.co.uk

Work it out

BY **EMMA JOHNSON**

With increasingly relaxed dress codes, we have never had a greater choice when it comes to workwear.

You may be back in an office, but many people are also permanently working from home. Even so, with Zoom calls and the like, it doesn't mean you can rock up to your desk in loungewear like during the pandemic.

If your company requires business or semi-formal attire, consider brightening up your nine to five by swapping navy and grey tailoring for some brighter colours. Scarlet, emerald green and bright pink are having a moment when it comes to suits this season, and are sure to get you noticed in your next meeting.

If you prefer the simplicity of a dress, a colour-block fitted midi or a smart shift is an easy option, while a shirt or wrap dress in a lively print looks as good in your weekend wardrobe as your workday one.

These are a definite win in these tough times, when we need our clothes to work as hard as we do.

Shift dress, £40, Roman

Wrap dress, £41.39; sandals, £29.99, both Yours at debenhams.com

Blazer, £79.99; trousers, £32.99; sweater, £49.99; sandals, £59.99, all Zara

Print dress, £34; shoes, £24.99, both M&Co

Blazer, £65, Freemans; trousers, £39; blouse, £35, both Love Mark Heyes, all at freemans.com; shoes, stylist's own

Tunic, £20; trousers, £18, both Bon Marche

We love SMART BAGS

Tan shopper, £32, Next

Green grab handle, £85, Dune

Blue ombre, £89, Charles & Keith

Red tote, £18.99, New Look

Sage tote, £90, Lulu Guinness

Cream tote, £29.99, Zara

Black leather, £89, Marks & Spencer

Tan buckle, £49.99, Mango

Black tote, £21.99, Anna Field at Zalando

Snakeskin, £42, Aldo

TOP of the SHOPS

Mernie Gilmore finds out what's hot to shop this week

PETS

Obsessed with your four-legged friend? Then why not celebrate them with a gorgeous personalised gift from Yappy. With more than 300 cat and dog breeds to choose from, you'll be sure to find the perfect likeness for your pet, which can then be used to decorate a whole range of fun products. We love this cute peeking dog mug, £12.99 at yappy.com.

EAT

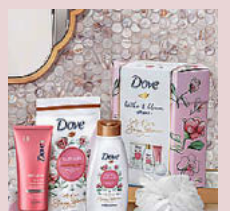
We love Pip & Nut butters, which are as delicious on toast as they are drizzled over porridge. They've added a new flavour – Pip & Nut Sweet & Salty Peanut Butter, £3, which is packed with high-protein peanuts and slightly sweetened with agave syrup. It contains no palm oil either, making it an eco-friendly choice. Available in Waitrose.

DRINK

Here's a delicious way to get your morning caffeine fix. Califia Farms has launched a suitably autumnal Pumpkin Spice Cold Brew Coffee, £2.75. This vegan drink is a delicious blend of almond milk, cold-brew coffee, pumpkin puree and spices, and can be served hot or cold. Pick up a bottle in Sainsbury's.

BEAUTY

Dove has teamed up with Stacey Solomon to launch a range designed to add a little self care to your life.

So why not treat someone you love (or yourself) to Dove x Stacey Solomon Bathe & Bloom Gift Pack, £20, which contains bath soak, a beauty bar, body lotion and a shower puff. Find it in Asda and Boots.

HOME

Autumn is definitely here so why not get cosy with some great value homeware from George at Asda. Its latest collection is packed with warm autumnal shades and woodland animal motifs. There are cushions, throws and lights to choose from, but we've got our eye on these cute squirrel towels, from £4.50.

express yourself

What your menopausal skin really needs...

Menopause has always been a time associated with change. And new research from beauty brand No7 and the University of Manchester has revealed just how much skin changes during menopause too.

Starting in perimenopause, the 10 or so years before menopause when hormonal changes begin, falling levels of oestrogen can cause skin texture, condition and tone to change – and the skincare you've been using for years to stop doing its job.

The study found that the skin barrier becomes thicker during menopause, indicating it is working less effectively. There are changes in elasticity too, and hydration and cell turnover decreases, leading to dryness.

Finally, the amount of ceramide in the epidermis – a key component of the skin barrier that helps keep skin supple, nourished and moisturised – is lower.

"These skin changes can be confusing as many women are not expecting their skin to change during menopause," says Dr Eleanor Bradley from No7.

"We found that 54 per cent of women did not expect their skin to change and 72 per cent were not happy with their skin."

The beauty industry has responded, launching a new wave of skincare specifically designed for menopausal skin.

"This will make it easier for women to find skincare formulated for them, which addresses the concerns they are likely to have at this time," says Dr Bradley.

Here we share the latest beauty breakthroughs.

Your menopause skin prescription

Acne

"Skin can become oily or sensitive in the premenopausal stage. This is due to fluctuating testosterone levels, which cause the skin to produce excess sebum," says facialist Chelsee Lewis (chelseelewis.co.uk).

■ **Try: Boots Skin Edit Blemish Serum, £12.99 (Boots). Part of a new affordable range for menopausal skin, this spot-busting serum contains salicylic acid and witch hazel to exfoliate and reduce the appearance of blemishes.**

Lack of tone

"Collagen is a protein that forms the building blocks of the skin, providing strength and elasticity, and keeping it supple, taut and plump. When this depletes – as happens as a result of ageing, especially during the menopause – it can lead to sagging, dehydration and thinning of the skin," says Vichy consultant dermatologist Dr Mary Sommerlad.

■ **Try: Clarins Super Restorative Day Cream, £77 (clarins.co.uk). Targeting skin slackening that occurs as a result of loss of oestrogen, this cream – designed specifically for women over the age of 50 – encourages collagen production.**

Dryness

"The menopause affects skin due to the reduction in female hormones, with oestrogen being the most important. Female hormones play crucial roles in the skin including maintaining collagen levels and also supporting water retention. When these decrease, skin can become dry," explains Dr Sommerlad.

■ **Try: No7 Menopause Skincare: Nourishing Overnight Cream, £32.95 (Boots). No7's new**

We love... COFFEE

Cafetiere and cup gift set, £22, procook.co.uk

Passionale A Modo Mio Espresso Eco Capsules, £4.99, lavazza.co.uk

Autumn cup, £10, Costa Coffee

Smeg Filter Coffee Machine, £169, Curry's

Get in touch!

express.yourself@express.co.uk

ASK THE EXPERT

Q I have hooded eyelids. How can I stop my mascara transferring onto the skin above my eyes?

A Celebrity make-up artist Jillian Dempsey (jilliandempsey.com) says: "There are plenty of tricks to tackle unwanted transfer. Smudges generally occur when skin produces oil and your lashes touch it.

"Powder is your secret weapon here. Prior to mascara application, sweep a translucent powder over your eyelids. This will absorb any excess oils and stop mascara transfer.

"Keep the powder in your bag for top-ups when needed throughout the day.

"Using a mascara with a formula that dries quickly is helpful too. You can usually tell this by looking at the wand – is the mascara shiny and thin, or is it slightly more matte and thick? The latter will do the trick."

Menopause Skincare collection has been created for use in perimenopause and beyond. Containing niacinamide and ceramides, this clever cream boosts the skin barrier and tackles dryness.

Redness and flushing

"Menopause and post menopause changes the pH of the skin making it more sensitive and therefore more reactive," says Dr Sommerlad. "This can mean skin appears redder and flushed."

■ Try: Prai Menoglow Hot Flush Cool Fix Serum, £30 (marksandspencer.com). This satisfying product works on two levels.

The hyaluronic acid-packed formula hydrates hot, dry skin, while menthol and the metal roller applicator instantly soothes and cools.

● *Follow Hannah on Instagram @hannahrbritt*

TRIED & TESTED

The Elements Skin Balancing Cream, £9 (the-elements.co.uk)

Azelaic acid is a most underrated skincare ingredient. Derived from grains including rye and wheat, it has anti-inflammatory properties, so is often found in treatments for conditions such as acne and rosacea. But all types of skin can benefit from it.

Naturally brightening, it evens skin tone, reduces redness and removes bacteria from pores that can lead to breakouts.

Indeed, azelaic acid has never been far from my beauty shelf. So imagine my delight when I discovered this brilliant cream that costs less than a tenner.

Launched during the Covid pandemic, The Elements is on a mission to tackle the nation's stressed-out skin, choosing formulas designed to balance and soothe. And this no-nonsense cream does just that, clearing and calming my skin with daily use.

BRILLIANT ON A BUDGET

Our pick of the best new beauty for £10 or less

■ **Weleda Ginger & Petitgrain Shower Bar, £4.95 (weleda.co.uk)**
Wake up with the zingy scent of this skin-cleansing soap bar. Both the bar and its packaging are plastic-free, meaning you won't be contributing to landfill. The 75g bar lasts as long as 300ml shower gel.

■ **Rimmel London Multi Tasker Concealer, £8.50 (Sainsbury's)**
Delivering the flawless coverage of a much pricier product, this pocket-sized concealer has a great soft-touch applicator, which allows easy blending.

Long-wearing, it doesn't crack or cake, which is especially important when the aim is to conceal dark circles under the eyes.

■ **Bondi Sands Daydream Whipped Moisturiser, £9.99 (Boots)**
A change in season is a great time for a new moisturiser, and we love this one. The supersoft hydrating mousse contains antioxidant sunflower seed and rosehip oils to perk up and protect skin.

Contigo West Loop travel mug, £14.99, Amazon

L'Or Barista Sublime coffee machine, £104.99, Amazon

Handheld milk frother, £14.99, salter.com

Monthly coffee delivery, £9.99, grind.co.uk

Milk jug, £22, emma bridgewater.co.uk

Compiled by **MERNIE GILMORE**

Letters

The Daily Express, One Canada Square, Canary Wharf, London E14 5AP
Email: expressletters@express.co.uk (include your full name, address and telephone number)

● facebook.com/dailyexpress ● twitter: @daily_express

Let sovereign stand tall on site befitting her service

I AGREE with the idea of a statue to our late, great Queen, but not on the Fourth Plinth in Trafalgar Square. This is totally inappropriate.

She deserves a prominent site on her own, more fitting for the role she played in our history.

Christopher Wagstaff,
Bottesford, Leics

King secures backing for a streamlined monarchy

KING Charles III is already making moves to make the monarchy more people-friendly in what are going to be challenging times ("Public backs king over slimmed down monarchy", September 21).

Bypassing certain family members who have chosen to opt out or are simply unsuitable is a wise move. Who would take issue with Princess Anne moving up the pecking order in sympathy with recent gender succession rules or Prince Edward being elevated?

Diane Silva,
Bournemouth

Harry has to accept his family's goodwill gesture

PRINCE Harry has been offered an olive branch by both the King and his brother the Prince of Wales. The ball is now in his court ("Putting differences aside, Harry and William are united in grief", September 20).

There is no doubt that his and his wife's actions over the last two or three years have upset his family and placed significant additional stress upon his late grandmother. Take this opportunity, Harry, in the spirit it has been given.

Graham Carpenter,
Essendon, Herts

Duke needs to remember thousands who turned out

AS HARRY and Meghan return to their life in the United States, I would like to remind him of the many thousands of people who paid homage both to our late Queen, his grandmother, and to our new King, his father.

Therefore I ask him not to publish his forthcoming book in memory of all we remember.

Please do not dim the lights that have been shining on the Royal Family over the last few weeks.

Carole Keegan,
Knaresborough, N Yorks

Sensitive treatment for those followers left bereft

THANK you Daily Express for your excellent coverage of Queen Elizabeth II's funeral and the days leading up to it. With your sensitive and informative articles and wonderful photographs you guided us through the days of sad realisation that we have lost our much-loved Queen. Well done my favourite newspaper.

Susan Rowley,
Kendal, Cumbria

Daily Express at forefront of a monumental occasion

IT HAS been a wonderful display of royal history with the photos of our magnificent Queen in the Daily Express. Well done. I had the privilege to witness her Coronation as a boy on a black and white TV.

I think all that could be said has been expressed by many in words and deeds beyond measure.

I would just like to say a huge thank you to our military who have performed with the utmost precision and must rank at the very top of any military in the world ("Millions line streets for the final journey", September 20).

John Fox,
St Brelade, Jersey

Letter of the day

Picture: GETTY

GRACE: The Queen with Burmese at Trooping The Colour

Statue of our loyal Queen a fitting tribute

I AGREE with your campaign that our late Queen should be remembered and honoured with a unique statue and also agree that the Fourth Plinth at Trafalgar Square would be an ideal setting for such ("Express leads call for Elizabeth statue", September 21).

However while the idea of Her Majesty astride a beloved fell pony may capture the hearts of many Britons, my belief is that the only true image that is recognised worldwide of her equestrian prowess is the one showing the great lady in full dress uniform with her beloved Burmese during Trooping The Colour.

That image shows her grace and love of her people and Armed Forces. Whenever I see this image it gives me great pride to be British.

David Bruce,
Egremont, Cumbria

Leo summed up nation's mood with amazing words

THANK you Leo McKinstry for portraying Monday's momentous occasion ("Magnificent ceremony will resonate through the ages", September 20). It was an excellent piece of journalism from a very accomplished writer.

John Hearn,
Rainham, Kent

Outstanding and incisive coverage from true great

THANKS to Leo McKinstry for his captivating articles during the last traumatic fortnight.

Zena Briggs,
Rayleigh, Essex

Carole's heartfelt article brought tears to my eyes

A BIG thank you to Carole Malone for her beautiful, eloquent, heartfelt piece on the Queen's passing ("This was the best of Britain… faultless, beautiful and moving beyond measure", September 20).

I found it so moving that I cried all over again.

Thank you Carole.

Val Heaver,
Kingswood, Kent

Lads executed a tough job with admirable aplomb

HATS off to the young lads who carried the Queen's coffin.

What a truly impeccable display by them all.

They must have nerves of steel to carry out what they did in front of the watching world.

Colin Warren,
Thurston, Suffolk

BBC in tune with public feeling as ITV trounced

THE BBC trounced ITV on the viewing figures and deservedly so ("Public is not privy to this swan-upmanship", September 21).

Its presenters were professional and classy, making the coverage all about the momentous occasion. ITV's presenters, as usual, made the coverage all about themselves and their opinions.

Rod Williams,
Great Holland, Essex

So hard to take in that our beloved leader is no more

I FIND it hard to believe we will not see the Queen again.

It seems so terribly final that she is gone forever.

The royals will continue with mourning for another few days in respect of their loss.

I accept we must move on but it is difficult to realise that wonderful smile is a thing of the past.

Richard Sherrell,
Towcester, Northants

Time to keep the faith and make your voices heard

ANN Widdecombe (September 21) writes that it is a good time for Christians and that diversity means just that; inclusivity of all faiths.

Ann has visited Gibraltar and she will no doubt have seen that practically all faiths are represented and practised.

They all get along with each other in mutual respect.

Michael Hilder,
Weymouth, Dorset

WILL ENERGY SUPPORT BE ENOUGH TO SAVE OUR BUSINESSES?

Yes WELL done to Liz Truss for her efforts to help businesses amid the cost-of-living crisis ("'Long-term backing on its way for businesses'", September 21). Amid worrying news that some firms have reported energy costs quadrupling, with many pubs now said to be spending more on electricity and gas than on rent, it is vital that this action goes ahead.

More firms staying afloat keeps people in jobs, which means they can spend on leisure, hospitality, holidays, etc, and get our economy moving upwards again.

Ian Riley,
Glasgow

No DRESS it up any way you want but while people still have so little disposable income because it is being swallowed up by skyrocketing energy prices, I can still see many businesses going to the wall.

Hard-pressed families and people on fixed incomes such as the elderly are hardly likely to be splashing the cash while they're worried about paying their bills.

There's not much solace from rising inflation and soaring interest rates either.

It's going to be a bumpy ride.

Carol Walsh,
Leeds

TODAY: Thursday September 22, 2022

ON THIS DAY

THE EXPRESS
BILLY LIAR
As Clinton squirms in sex quiz, can the world ever take him seriously again?

24 years ago (1998)
We revealed US President Bill Clinton's shame as a video of his testimony to the Grand Jury about his affair with White House intern Monica Lewinsky was aired on national TV.

Clinton faced impeachment proceedings over the scandal but refused to resign.

He was eventually acquitted of perjury and obstruction of justice but his reputation never recovered.

88 years ago (1934)
An explosion and underground fire at Gresford Colliery, near Wrexham, North Wales killed 266 miners.

A subsequent inquiry into the cause of the blast found failures in safety procedures and poor management were contributory factors.

It remains one of Britain's worst mining disasters.

42 years ago (1980)
War broke out between Iran and Iraq following three weeks of border clashes.

The conflict erupted after Iraq flouted a 1975 border agreement with its neighbour over sovereignty of the Shatt al-Arab waterway which formed a vital supply line for oil to the West.

The war lasted eight years and claimed 1.5million lives.

BIRTHDAYS

I Hate Suzie actress **Billie Piper** is 40. She had a No.1 single aged 15.

Harry Potter star **Tom Felton** is 35. He enjoys fishing competitively.

Tenor **Andrea Bocelli** is 64. He became blind at 12 after a football accident.

I Love Rock 'n' Roll singer **Joan Jett** is 64. She is an animal rights campaigner.

TODAY'S GIGGLE
How do celebrities stay cool? They have many fans.

Back in the Abbey habit

Mike Ward previews tonight's TV

WESTMINSTER ABBEY: BEHIND CLOSED DOORS (*Channel 5, 8pm*) takes a timely look behind the scenes of this most sacred of historical royal buildings, the origins of which date back more than 1,000 years.

Obviously it's a place which, for the saddest of reasons, has been a particular focus of the nation's attention these past few days.

Yet going ahead with the broadcast of this new five-part documentary, recorded some while before the Queen passed away, feels not remotely inappropriate.

If anything, it's all the more fitting and respectful, reminding us not just of the abbey's significance to our heritage but of how, behind the grandeur and the ceremony, there are so many hardworking, dedicated souls who keep the abbey's everyday essentials ticking over; from the nave to the rooftop, from the Dean to the cleaners.

In this opening episode we're reminded that, as a Royal Peculiar – which means it's subject to the monarch's direct jurisdiction – the abbey depends almost exclusively on the income it receives from visitors buying tickets.

Since its upkeep costs around £24million a year, the fact that it had to close its doors to the public during the pandemic (the first time it had been forced to shut since 1953, when major preparations needed to be made for the Queen's Coronation) was a terrible blow, financially speaking. The challenge now is to start recuperating some of those losses.

Straight after that, also on Channel 5, the consistently wonderful **ALL CREATURES GREAT AND SMALL** (*9pm*) finds newly-wed James (Nicholas Ralph) a little frustrated at work.

Siegfried (Samuel West) may well have made him a junior partner at the veterinary practice, rewarding him for his dedication and commitment – particularly when it comes to all this unfortunate cow-related business – but is he really prepared to relinquish even a modicum of control?

Also tonight, there's the final of **CELEBRITY MASTERCHEF** (*BBC1, 8.30pm*).

As is customary at this stage, we're left with just three of 20 famous, famous-ish and frankly-never-heard-of-them folk we started out with.

And only one of these final three, of course, can walk off with the coveted trophy.

Well, all right, any of them could walk off with it, but what I mean is only one of them – ie. the winner – is technically allowed to. If either of the runners-up tries to walk off with it, a bunch of burly security men will pounce on them and wrestle them to the ground.

What, you think I'm talking nonsense?

Oh, sorry, yes, I beg your pardon, you're right. I'm getting it mixed up with Bake Off.

PICKS OF THE DAY

History: My Grandparent's War, C4, 9pm

Series commemorating the 80th anniversary of the start of the Second World War by exploring the stories behind four celebrated actors' grandparents. Tonight, actress Keira Knightley unearths a deeply moving story concerning her grandparents, Mac and Jan MacDonald (all left). Mac was a sonar operator with the Royal Navy and Keira discovers how he and the crew of HMS Wolverine rescued hundreds of Irish Guards from a sinking ship in under 20 minutes. She also reveals how millions of women, including Jan, volunteered to bolster Britain's war effort, and discovers that her grandparents both faced the news that their younger brothers were reported missing in action.

Documentary: Villages By The Sea, BBC2, 7pm

An eye on Britain's best-loved coastal villages that have often found themselves on the frontline of history. Host and archaeologist Ben Robinson (left) uncovers evidence of the German occupation of the Jersey village of Gorey and the role it played in defending the UK. He meets local historian Phillip Marett, who takes him to the gun tower from where the occupying soldiers could have watched the Battle of Normandy, and hears a recollection of the liberation of the island.

Health: John & Joe Bishop: Life After Deaf, ITV1, 9pm

Liverpudlian comedian and actor John Bishop's eldest son, Joe (above with John), has an autoimmune condition causing progressive deafness. After a decade of trying to "fix" Joe's hearing, the family have decided that it is now time to reconsider and find out more about the deaf community. John has set himself the target of delivering an entire signed stand-up comedy gig to a deaf audience.

Lifestyle: Dirty House Rescue: Queens of Clean, E4, 10pm

The next generation of professional cleaners and organisers, gleam gurus Charnel, Lola, Luke and Adam share their hygiene hacks and organisational techniques, as they answer SOS calls. Lola and Adam come to the aid of Hashu, a 29-year-old from Birmingham. There is also help for Londoner Daniel (above with Luke and Charnel), whose mother Caroline his coping with multiple sclerosis.

Film: Absolutely Fabulous: The Movie, BBC3, 10.15pm

Comedy based on the popular long-running BBC TV series, starring Jennifer Saunders and Joanna Lumley (right) as scatterbrained socialites-cum-PR-experts, Edina and Patsy. The pair go on the run from the law after they're suspected of killing supermodel Kate Moss at a glitzy event in London. Attempting (unsuccessfully) to make a new life on the French Riviera, they hatch a madcap, chaotic plan to get rich quick, all while being pursued by their singer nemesis, Lulu.

DID YOU KNOW? In 2021, Joanna Lumley joined an international line-up of actors and celebrities backing calls for Australia's Great Barrier Reef to be placed on a list of world heritage sites in imminent peril.

Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings
★★★★★ Brilliant
★★★★ Very Good
★★★ Good
★★ Average
★ Bad

(R) Repeat

BBC One

6.00am Breakfast News headlines.
9.15 Morning Live Magazine.
10.00 Northern Justice
10.30 For Love or Money (R)
11.15 Homes Under the Hammer Properties in Surrey, Merseyside and London.
12.15pm Bargain Hunt Natasha Raskin Sharp presents the show from Peterborough. (R)
1.00 BBC News at One; Weather
1.30 Regional News; Weather
1.45 Doctors Daniel has an uphill battle to prove himself to Izzie.
2.15 Money for Nothing Upcycling a wardrobe and some hardwood shelves. (R)
3.00 Escape to the Country A would-be buyer looks to swap Hong Kong for Yorkshire.
3.45 Antiques Road Trip Natasha Raskin Sharp and Charles Hanson travel from East to West Yorkshire.
4.30 The Tournament Knockout quiz, hosted by Alex Scott.
5.15 Pointless Quiz show.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.30am Money for Nothing (R)
7.15 Antiques Road Trip (R)
8.00 Sign Zone: Fake or Fortune? A couple who believe their painting is by Impressionist Alfred Sisley. (R)
9.00 BBC News Headlines.
12.15pm Politics Live The latest stories from Westminster.
1.00 Chase the Case Gameshow hosted by Dan Walker. (R)
1.45 Eggheads Quiz show. (R)
2.15 Glorious Gardens from Above Christine Walkden is above Gloucestershire. (R)
3.00 Flipping Profit Raising money for Children in Need. (R)
3.45 Home Is Where the Art Is Three contestants compete to create a piece of artwork. (R)
4.30 Murder, Mystery and My Family Reinvestigating a lethal shooting from 1937. (R)
5.15 Flog It! Paul Martin presents from Belfast. (R)
6.00 Richard Osman's House of Games With Charlie Baker, Val McDermid, Martin Offiah and Rebecca Lucy Taylor.
6.30 Unbeatable Quiz show.

ITV

6.00am Good Morning Britain News and current affairs.
9.00 Lorraine Entertainment and fashion news.
10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team travel around the country assessing items brought in by members of the public, who either take the cash for their antiques or gamble at auction.
3.00 Tenable A team of five podcast-producing friends answer questions about top 10 lists in the quiz show.
3.59 Regional Weather
4.00 Tipping Point Quiz show.
5.00 The Chase Quiz show.
6.00 Regional News; Weather
6.30 ITV Evening News; Weather

Channel 4

6.10am Countdown Russell Kane is in Dictionary Corner. (R)
6.50 3rd Rock from the Sun (R)
7.40 Everybody Loves Raymond Triple bill of the sitcom. (R)
9.00 Frasier Triple bill. (R)
10.30 Ramsay's Kitchen Nightmares USA Gordon Ramsay is in Washington. (R)
11.25 Channel 4 News Summary
11.30 The Great House Giveaway Teacher Olivia and security officer Gethin renovate a drab and dated two-bed terrace. (R)
12.30pm Steph's Packed Lunch Steph McGovern presents the weekday magazine.
2.10 Countdown Noreen Khan is in Dictionary Corner.
3.00 A Place in the Sun Laura Hamilton helps a couple find a holiday home in France. (R)
4.00 Chateau DIY Tim and Sasha host a wedding, but the heat works against them.
5.00 Moneybags Kevin Duala guest hosts the quiz show.
6.00 Hollyoaks Double bill. Victor forces Sid to sell drugs; the McQueens are furious. (R)

Channel 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
12.45pm Holiday Homes in the Sun Amanda Lamb, JB Gill and Sam Pinkham are in Amalfi.
1.40 5 News at Lunchtime
1.45 Home and Away Tane takes the fall to save Nikau's reputation. Cash struggles with the knowledge that he killed someone.
2.15 FILM **The Drowning** (2021, PG) When Heather discovers her teenage daughter Ally is missing, the local police assume she drowned, but the mother refuses to accept their explanation. Thriller, starring Rene Ashton. ★★
4.00 Bargain Loving Brits by the Sea In Skegness, entrepreneurs Taj and TK Bola plan a new initiative for their holidaymaker guests. (R)
5.00 5 News at 5
6.00 Cash in the Attic Helping people make money from the items they have accumulated over the years.
6.55 5 News Update

7.30pm, EASTENDERS: Linda

9pm, ALL THAT GLITTERS: Katherine Ryan

3pm, TENABLE: Warwick Davis

10pm, NAKED ATTRACTION: Anna Richardson

12.45pm, HOLIDAY HOMES IN THE SUN: Amanda Lamb

BBC One

7.00 The One Show With Alex Jones and Ronan Keating.
7.30 EastEnders Double bill. Frankie sees Sonia and Janine talking about the pregnancy; Linda attends her court hearing, where she opens up to Sharon about her feelings for Mick. The Panesars throw an opening party for Walford East, and Dotty and Bobby clash.
8.30 Celebrity MasterChef The remaining contenders compete in the final, tasked to cook and present a faultless three-course meal for John Torode and Gregg Wallace.
9.00 Crossfire Jo faces a stand-off with Flavio, while in the kitchen, Gerardo terrorises his hostages, including Miriam and Abhi – but with the arrival of special forces, things are soon brought to an explosive climax. Last in series
10.00 BBC News at Ten A round-up of today's headlines.
10.30 Regional News; Weather
10.40 Question Time Fiona Bruce hosts the topical debate from Grimsby, Lincolnshire, with a panel of politicians and other guests facing a selection of questions from the audience.
11.40 Newscast A weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics.
12.10am The Secrets She Keeps. A grief-stricken Meghan navigates a nightmare in prison, while Agatha's dream of motherhood seems destined to be stripped away by forces outside her control. Laura Carmichael stars. (R) **12.55** Weather for the Week Ahead **1.00-6.00am** BBC News. Headlines.

BBC Two

7.00 Villages by the Sea Archaeologist Ben Robinson uncovers evidence of the German occupation of the Jersey village of Gorey.
7.30 Iolo: A Wild Life Iolo Williams goes river dipping in the Severn near Newtown.
8.00 Saving Lives at Sea On Ireland's north-west coast, the RNLI crew at Bundoran races to the rescue of a teenage girl who has been swept out to sea by a rip-current. In Portishead, north Somerset, a man suffers chest injuries.
9.00 All That Glitters: Britain's Next Jewellery Star Katherine Ryan welcomes back four semi-finalists to the workshop in Birmingham's jewellery quarter, where they create beautiful pieces in two penultimate challenges.
10.00 Live at the Apollo Loyiso Gola introduces fellow comedians Scott Bennett and Helen Bauer to the stage of the legendary Hammersmith venue. (R)
10.30 Newsnight Analysis of the day's events with Kirsty Wark.
11.15 Stolen: Catching the Art Thieves Three paintings stolen at gunpoint from Stockholm's National Museum in 2000 take investigators on a complex hunt from Russian organised crime to the glittering hills of Hollywood. (R)
12.15am Sign Zone: Celebrity MasterChef. The remaining contenders compete in the final, tasked to cook and present a faultless three-course meal. (R) **12.45** Sign Zone: Martin Compston's Scottish Fling (R) **1.15** Sign Zone: How To with John Wilson (R) **1.45-6.30am** This Is BBC Two

ITV

7.30 Emmerdale While Liam is shocked, Dan is left concerned, and Dawn is anxious. Long-running soap opera following the ups and downs of village life amid the rolling scenery of the Yorkshire Dales, starring Jonny McPherson, Liam Fox and Olivia Bromley.
8.30 The Martin Lewis Money Show Live: Cost of Living Special The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further.
9.00 John & Joe Bishop: Life After Deaf Comedian and actor John Bishop's eldest son, Joe, has an autoimmune condition causing progressive deafness. After a decade of trying to 'fix' Joe's hearing, the family come to the realisation that it is now time to reconsider and find out more about the deaf community.
10.05 ITV News at Ten; Weather
10.35 Regional News; Weather
10.50 Life After Deaf Stand Up Show John Bishop headlines a night of British Sign Language comedy alongside Gavin Lilley, Ray Bradshaw, Ace Mahbaz, Leah Francisco and John Smith.
11.35 Heathrow: Britain's Busiest Airport A surprise lies in store for passengers flying to Heathrow's top European destination. (R)
12.05am All Elite Wrestling: Rampage. Hard-hitting, high-flying wrestling action with many of AEW's biggest stars. JIm, Ross, Excalibur, Tony Schiavone and Chris Jericho present. **1.10** Home Shopping **3.00** Dickinson's Real Deal (R) **3.50** Unwind with ITV **5.00-6.00am** Tenable (R)

Channel 4

7.00 Channel 4 News The latest news headlines, featuring in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.
8.00 The Great British Bake Off: An Extra Slice Jo Brand hosts the companion show to the popular baking contest, featuring unseen footage from the programme and an interview with the week's eliminated baker.
9.00 My Grandparents' War: Keira Knightley Documentary following actress Keira Knightley as she unearths a deeply moving story of resilience and love concerning her grandparents, Mac and Jan MacDonald.
10.00 Naked Attraction After dating men, 26-year-old dog groomer Nico has realised she's barking up the wrong tree and actually prefers women. She's hoping to find her the perfect partner able to get her all hot under the collar.
11.05 Embarrassing Bodies Dr Jane Leonard meets meet a woman whose severe skin condition has left her unable to leave the house. Dr Tosin Ajayi-Sotubo advises a patient who has been living with hair loss since she was a child. (R)
12.10am First Dates Hotel. Animal lover Sophie is paired with Billy, who has a collection of pet tarantulas. (R) **1.00** Ramsay's Kitchen Nightmares USA (R) **1.50** Couples Come Dine with Me (R) **2.40** Lata in Her Own Voice (R) **2.50-6.10am** FILM Mughal-E-Azam (1960, PG) Indian historical epic. ★★★★

Channel 5

7.00 Save Money on Your Supermarket Shop Alexis Conran investigates how supermarket clothing matches up to the high street for quality and cost, and Angellica Bell investigates healthy offal.
8.00 NEW **Westminster Abbey: Behind Closed Doors** A look inside one of the UK's most renowned and historical buildings. Cameras follow the huge recovery efforts of the Abbey's 300-strong team of staff and volunteers; 5 News
9.00 All Creatures Great and Small James struggles to get Siegfried to let him take the reins. With Helen's help, James learns how much money Skeldale could make from the Ministry of Agriculture's lucrative bovine TB testing scheme.
10.00 Ben Fogle: New Lives in the Wild Ben meets Lucy, who left Britain to start a new life with her husband Tim on New Zealand's north island. They now live with their two daughters beside a river in the middle of woodland. (R)
11.05 Police: Night Shift 999 Sgt Gladwin is caught off guard when a routine area search leaves him surrounded by an aggressive family, while an assault at a nightclub brings aggression and verbal abuse for police. (R)
12.05am Motorway Cops: Catching Britain's Speeders **1.00** Entertainment News **1.05** The LeoVegas Live Casino Show **3.05** British Airways 24/7: Access All Areas (R) **3.55** Made in Yorkshire (R) **4.40** Now That's Funny! (R) **5.30** Peppa Pig (R) **5.35** Paw Patrol (R) **5.50-6.00am** Thomas & Friends (R)

ITV2 Freeview 6

6.00am World's Funniest Videos **7.00** Dress to Impress **8.00** Secret Crush **9.00** Veronica Mars **10.00** One Tree Hill **11.00** Hart of Dixie **12.00noon** Supermarket Sweep **1.00** The Masked Singer US **3.05** Veronica Mars **4.00** One Tree Hill **5.00** Hart of Dixie. Comedy drama.
6.00 Celebrity Catchphrase With James Jordan, Fiona Wade and Louis Walsh.
7.00 Secret Crush Millie wants answers and will not stop until she gets them.
8.00 Bob's Burgers Double bill.
9.00 Family Guy Animated antics.
9.30 Family Guy Animated antics.
10.00 Shopping with Keith Lemon Keith goes antique hunting with Danny Dyer.
10.30 Family Guy Double bill.
11.30 American Dad! Francine gets involved in Steve's role-playing game.
12.00m't American Dad! **12.30** Bob's Burgers **1.30** All American **2.30** Totally Bonkers Guinness World Records **5.30-6.00am** Teleshopping

ITVBe Freeview 28

7.00am The Real Housewives of Jersey **8.00** Buying and Selling **9.00** LittleBe **12.00noon** Best Cake Wins **12.30** The Real Housewives of Beverly Hills **1.20** The Real Housewives of Jersey **2.20** The Only Way Is Essex **3.10** Million Dollar Listing: NYC **4.05** The Real Housewives of Orange County **5.00** The Real Housewives of Potomac
6.00 Masters of Flip Kortney and Dave restore an old farmhouse.
7.00 Buying and Selling A couple who want to leave the suburbs behind.
8.00 Dinner Date Jon from Liverpool chooses three blind dates.
9.00 Ferne McCann: First Time Mum Ferne and Sunday get away on a holiday.
10.00 Vanderpump Rules Schwartz and Sandoval use their 'friendship break' as an excuse to see other people.
10.55 Chrisley Knows Best Double bill.
11.55pm The Only Way Is Essex **12.55** Unwind **1.00-7.00am** Teleshopping

BBC3 Freeview 23

7.00pm Top Gear Chris Harris and Matt LeBlanc compete in a race across the Arabian peninsula.
8.00 MOTDx Football discussion.
8.30 Hire Me: Competing for a Dream Job Young hopefuls battle for a job in their dream industry.
9.00 NEW **RuPaul's Drag Race UK** Twelve new drag queens enter the werk room for the first time. Joanna Lumley joins Michelle Visage and Graham Norton as RuPaul determines which queen will leave.
10.15 FILM **Absolutely Fabulous: The Movie** (2016, 15) Comedy, starring Jennifer Saunders. ★★★
11.40 RuPaul's Drag Race UK Twelve new drag queens take part.
12.50am MOTDx. Football discussion. **1.20** The Irish League Show **1.50** The Ulster Rugby Show **2.20** RuPaul's Drag Race UK **3.35-3.55am** My Mate's a Bad Date

BBC4 Freeview 9

7.00pm Great American Railroad Journeys Michael Portillo explores British Columbia.
8.00 Imagine – Mel Brooks: Unwrapped Alan Yentob travels to Hollywood to interview Mel Brooks in the year of his 91st birthday, profiling his extensive career in comedy.
9.10 FILM **The Producers** (1968, PG) A theatre producer and his neurotic accountant hatch a crooked financial scam to make the worst Broadway show of all time. Mel Brooks' comedy, starring Zero Mostel and Gene Wilder. ★★★★★
10.40 FILM **Blazing Saddles** (1974, 12) Mel Brooks' Western spoof, starring Cleavon Little. ★★★★
12.10am Clydebuilt: The Ships That Made the Commonwealth **1.10** Great American Railroad Journeys **2.10-3.10am** From Ice to Fire: The Incredible Science of Temperature

5 USA Freeview 21

6.00am TJC **9.00** NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order **1.55** Entertainment News on 5 **2.00** Law & Order: four episodes
6.00 NCIS Triple bill. A marine's teeth and fingertips are found in a stolen purse; the agents learn one of their former assistants has been murdered; Gibbs interrogates a man accused of killing his father.
9.00 Criminal Minds Double bill. The agents join a manhunt for a serial killer; the team tracks a murderer with a railway fixation.
10.55 Law & Order: Special Victims Unit Double bill. Saliva from a tiger is discovered on a murdered model; a woman claims to have been raped by a stranger. Mariska Hargitay stars.
12.50am Private Eyes. Comedy. **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

Dave Freeview 19

6.00am Teleshopping **7.10** Lazy Boy Garage **8.00** Border Force: America's Gatekeepers **9.00** Storage Hunters UK **10.00** Sin City Motors **11.00** Extreme Heights Repair Team **12.00noon** Bangers and Cash **1.00** Border Force: America's Gatekeepers **2.00** Top Gear **3.00** Rick Stein: From Venice to Istanbul **4.00** Top Gear **5.00** Rick Stein: From Venice to Istanbul
6.00 Taskmaster Gameshow.
7.00 Richard Osman's House of Games Sara Pascoe, Angela Scanlon, Rick Edwards and Clive Myrie test their skills.
7.40 Room 101 With David Tennant.
8.20 Would I Lie to You? The Unseen Bits Extra material from the series.
9.00 QI XL With guests Susan Calman.
10.00 Late Night Mash With Rachel Parris.
11.00 Question Team With Jonathan Ross.
12.00m't Mock the Week **12.40** QI **1.15** QI XL **2.25** Room 101 **3.25** Mock the Week **4.00-6.00am** Teleshopping

Drama Freeview 20

6.00am Teleshopping **7.00** 'Allo 'Allo! **7.45** All Creatures Great and Small **8.40** The Bill **9.40** Classic Holby City **11.00** Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Monarch of the Glen **3.20** A Place to Call Home **4.20** All Creatures Great and Small **5.20** Waiting for God
6.00 Are You Being Served? Mr Grainger is given a temporary promotion.
6.40 'Allo 'Allo! Herr Flick interrogates Rene.
7.20 Last of the Summer Wine Ivy receives an anonymous love letter.
8.00 Judge John Deed The maverick judge finds his principles tested by the offer of a place on the Appellate Bench in return for hushing up a diplomatic incident.
10.00 New Tricks Part two of two. Gerry fights to clear his name.
11.20 Spooks Adam's treacherous former partner asks for his help.
12.40am Bad Girls. Prison drama. **1.50** The Heart Guy **2.50** A Place to Call Home **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **8.00** Black-ish **9.00** How I Met Your Mother **10.00** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory: four episodes **3.00** Young Sheldon **4.00** Married at First Sight UK **5.10** The Big Bang Theory
6.05 The Big Bang Theory Four episodes.
8.00 Below Deck: Mediterranean Hannah and Ben redefine their relationship.
9.00 Married at First Sight UK It is Love/Hate week for the couples.
10.00 Dirty House Rescue: Queens of Clean Lola and Adam come to the aid of Hashu, a 29-year-old from Birmingham.
11.05 Gogglebox TV opinions.
12.05am Married at First Sight UK **1.15** Rick and Morty **1.45** Tuca & Bertie **2.10** Dirty House Rescue: Queens of Clean **3.05** Below Deck **3.55** Ramsay's Kitchen Nightmares USA **4.40-6.00am** Brooklyn Nine-Nine

More4 Freeview 18

8.55am Food Unwrapped **9.15** A Place in the Sun **11.05** Find It, Fix It, Flog It **1.05pm** Heir Hunters **2.10** Four in a Bed **4.50** Find It, Fix It, Flog It **5.55** Car S.O.S
6.55 Escape to the Chateau Dick and Angel Strawbridge attempt to renovate the orangery with the help of a roofing expert and some pre-loved slate.
7.55 Wondrous Wales Teams from Fishguard and Newport compete in a traditional Celtic boat race. Last in series.
9.00 Huge Homes with Hugh Dennis A modern mansion, a Jacobean hunting lodge and a 16th-century stately pile.
10.00 Grand Designs Australia A couple create a multi-storied modern home with a triple car-stacker.
11.05 24 Hours in A&E Doctors treat a 63-year-old man with throat cancer who has suffered a bleed.
12.10am 999: On the Front Line **1.15** Huge Homes with Hugh Dennis **2.20** 24 Hours in A&E **3.25-3.55am** Food Unwrapped

Variations & S4C

WALES As BBC1 except: 1.30-1.45pm BBC Wales Today; Weather **6.30-7.00** BBC Wales Today **10.30-10.40pm** BBC Wales Today

WALES As BBC2 except: 11.15pm Match of the Day Wales. Belgium v Wales. **11.45pm-12.15am** Tudur's TV Flashback. Tudur Owen searches for TV clips an a theme of adventure.

MERIDIAN As ITV except: 1.55-2.00pm ITV News Meridian **6.00-6.30** ITV News Meridian **10.35-10.50pm** ITV News Meridian

CENTRAL As ITV except: 1.55-2.00pm ITV News Central **6.00-6.30** ITV News Central **10.35-10.50pm** ITV News Central

ITV WALES As ITV except: 1.55-2.00pm ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.35** ITV News Cymru Wales **10.50** Fishlock's Choice. A storyteller uncovers a story about the woman who fostered him. **11.20pm-12.05am** Life After Deaf Stand Up Show. John Bishop headlines a night of comedy.

WEST As ITV except: 1.55-2.00pm ITV News West Country **6.00-6.30** ITV News West Country. The latest headlines. **10.35-10.50pm** ITV News West Country. The latest headlines.

ANGLIA As ITV except: 1.55-2.00pm ITV News Anglia **6.00-6.30** ITV News Anglia **10.35-10.50pm** ITV News Anglia

WESTCOUNTRY As ITV except: 1.55-2.00pm ITV News West Country. The latest headlines. **6.00-6.30** ITV News West Country **10.35-10.50pm** ITV News West Country

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Pysgod i Bawb **1.30** Sgwrs Dan y Lloer **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Symud i Gymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Pac. Geraint Hardy explores Fishguard. Last in series. **6.30** Rownd a Rownd. Terry returns to work. **7.00** Newyddion S4C a'r Tywydd **7.25** LIVE Sgorio Rhyngwladol: Cynghrair y Cenhedloedd 2022. Belgium v Wales (kick-off 7.45pm). Dylan Ebenezer introduces coverage of the UEFA Nations League match from King Baudouin Stadium, Brussels. **10.00** Rygbi Pawb. Rugby union magazine show. **10.50-11.55pm** Gwesty Aduniad. A man hopes to find out who his biological father really is.

Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports News **7.00** Good Morning Sports Fans **10.00** Sky Sports News
12.30pm LIVE **DP World Tour Golf** The Open de France. Day one from Le Golf National in Paris.
3.00 LIVE **International T20 Cricket** Pakistan v England. Coverage of the second Twenty20 in the seven-match series, at National Stadium.
7.30 LIVE **PGA Tour Golf** The Presidents Cup. The opening day's play of the event between a team representing the USA and an International side.
11.00 Sky Sports News. The latest headlines.
12.00m't LIVE **NFL:** Cleveland Browns v Pittsburgh Steelers (kick-off 1.15am). Coverage of the week three match at FirstEnergy Stadium.
4.30-6.00am Sky Sports News. Latest headlines.

SKY SPORTS CRICKET

6.00am Women's One-Day International Cricket **7.00** Women's One-Day International Cricket **8.00** International T20 Cricket **12.30pm** Ace: A Programme For Change **12.55** Cricket's Climate Crisis **1.15** Women's World T20 Classics **1.30** Graeme Swann Spin Bowling Clinic **2.00** Women's One-Day International Cricket
3.00 LIVE **International T20 Cricket** Pakistan v England. The second Twenty20 in Karachi.
7.30 Women's International One-Day Cricket **8.30** International T20 Cricket **1.00am** Women's One-Day International Cricket **2.00** Women's International One-Day Cricket **3.00** The World Cup Through Their Eyes **5.00** Best of the Women's World T20 **5.15-6.00am** Best of the ICC Women's World Cup

SKY SPORTS FOOTBALL

6.00am EFL Play-off Final C'Ship 15/16 **7.00** EFL Play-off Final League 1 15/16 **8.00** EFL Play-off Final League 2 15/16 **9.00** SPFL Greatest Games **9.30** EFL Greatest Games **10.00** Championship Retro **12.00noon** EFL Highlights **12.30** EFL Goals **1.00** WSL **1.30** EFL Highlights **2.00** Mls Round Up Show **2.30** EFL Goals **3.00** Bundesliga Highlights Show **4.00** EFL Highlights **4.30** EFL Goals **5.00** EFL Greatest Games **5.30** SPFL Greatest Games
6.00 Bundesliga Weekly **6.30** Inside the WSL **7.00** Women's Championship Show **7.30** EFL Goals **8.00** Scottish Premiership Round-Up **8.15** SPFL Highlights **8.30** Bundesliga Weekly **9.00** Inside the WSL **9.30** Women's Championship Show **10.00** Scottish Premiership Round-Up **10.15** SPFL Highlights **10.30** Bundesliga **11.00** EFL Greatest Games **12.00m't** EFL Cup Highlights **1.00-6.00am** SPFL Greatest Games

BT SPORT 1

6.00am LIVE **AFLW:** West Coast Eagles v Fremantle Women (Bounce-up 6.10am).
8.00 The Aussie Rules Show **8.30** MotoGP **11.30** MotoGP Chequered Flag **12.00noon** Formula Regional European Championship **12.30** ESPN FC **1.00** DIY Pundit **1.30** Hero CPL Highlights
2.30 LIVE **Hero CPL** St Kitts & Nevis Patriots v Trinbago Knight Riders. Coverage of the T20 match at Providence Stadium in Providence.
6.45 BT Sport Films **8.15** Serie A – Full Impact **8.45** Premier League Reload **9.00** WWE NXT Highlights **10.00** Premier League Stories **10.30** ESPN FC Presents: Gab & Juls **11.00** UEFA Champions League Magazine
11.30 LIVE **Hero CPL** Guyana Amazon Warriors v Saint Lucia Kings. Coverage of the T20 cricket match at Providence Stadium in Providence.
3.45am BT Sport Cricket Reload **4.00** Badminton Unlimited **4.30** Classic MOTD – Thrillers **5.30-6.00am** ESPN FC Presents: Gab & Juls

BT SPORT 2

6.00am ESPN FC **6.30** Serie A – Full Impact **7.00** Premier League Reload **7.15** WWE NXT **9.00** Premiership Rugby Cup **10.30** DIY Pundit **11.00** Fishing: On the Bank **12.00noon** BT Sport Reload **12.30** The Aussie Rules Show **1.00** Currie Club **1.30** The Outdoor Sports Show **2.00** 30 for 30 **4.00** MotoGP Highlights **5.00** ESPN FC **5.30** ESPN FC Presents: Gab & Juls **6.00** Currie Club **6.30** The Outdoor Sports Show **7.00** PTO Triathlon **8.00** MLB Quick Pitch
9.00 LIVE **MLB:** San Diego Padres v St Louis Cardinals (Start time 9.10pm).
12.30am LIVE **College Football:** Georgia State Panthers v Coastal Carolina Chanticleers.
4.00 MotoGP Rewind **4.15** MotoGP Highlights
5.15-6.00am LIVE **MotoGP** The opening free practice session of the Grand Prix of Japan.

EUROSPORT 1

6.00am British Speedway **7.00** Speedway Grand Prix **8.00** Discovery Golf **8.30** Australian Open Tennis **10.00** Hall of Fame – Tokyo 2020 **11.00** Cycling: Road World Championships **1.00pm** Tennis: Laver Cup **2.00** Equestrian **3.00** FIA World Endurance Championship **4.00** Mountain Bike Enduro World Series Show **4.30** Triathlon – Embrunman Ironman **5.00** 72: A Gathering of Champions **7.00** Cycling: Road World Championships **8.00** Cycling: Road World Championships **9.00** Australian Open Tennis **10.30** Roland-Garros **10.45** Mountain Bike Enduro World Series Show
11.15 LIVE **Cycling: Road World Championships** The junior men's road race.
3.00am Cycling: Road World Championships
4.00-8.30am LIVE **Cycling: Road World Championships** The under-23 men's road race.

Entertainment & Factual

ITV3 Freeview 10

6.00am Classic Coronation Street **7.00** Classic Emmerdale **8.05** That's My Boy **9.15** The Royal **11.30** Heartbeat **1.40pm** Classic Emmerdale **2.40** Classic Coronation Street **3.45** Agatha Christie's Poirot **5.55** Heartbeat **8.00** Vera **10.00** Wycliffe **11.05** Maigret **12.15am** The Royal **2.20-2.30am** Unwind

ITV4 Freeview 26

6.00am The Best of the 80s **6.10** Sherlock Holmes **7.05** The Saint **8.00** Magnum, PI **9.05** The Sweeney **10.15** Minder **11.20** The Adventures of Sherlock Holmes **12.30pm** The Saint **1.40** Match Time Revisited **2.45** Magnum, PI **3.45** The Sweeney **4.50** Minder **5.55** Match Time Revisited **7.00** Who Wants to Be a Millionaire? **8.00** Goodwood Revival Highlights **9.00** FILM Ronin (1998/15) ★★★★ **11.25** FILM Get Carter (1971/18) ★★★★★ **1.45-3.00am** Griff's Great New Zealand Adventure

5STAR Freeview 32

8.00am Judge Judy **11.00** Bargain-Loving Brits in the Sun **12.00noon** Shoplifters & Scammers: At War with the Law **1.00** Traffic Cops **2.00** Police Interceptors **5.00** Dogs with Incredible Jobs **6.00** Home and Away **7.00** Bargain Brits on Benefits **8.00** Dirty Home Rescue **9.00** Killer at the Crime Scene **10.00** HMP Styal: Women Behind Bars **11.15** A&E: When Patients Attack **12.15am** Bargain Brits on Benefits **1.15** Shoplifters & Scammers **2.15** Judge Judy **3.55-4.00am** Entertainment News on 5

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Countryside 999 **9.00** Posh Pawn **10.00** Antiques Road Trip **12.00noon** Money for Nothing **1.00** The Hotel Inspector: The Walkout **2.00** Animal Cops Philadelphia **4.00** Dr Jeff: Rocky Mountain Vet **5.00** Ambulance **6.00** Money for Nothing **7.00** Antiques Road Trip **9.00** NEW Ghost Adventures: Screaming Room **10.00** The Osbournes Want to Believe **11.00** Ghost Adventures **12.00m't** Caught on Camera **1.00** Ghost Adventures **2.00** Teleshopping **4.00-6.00am** Animal Cops Philadelphia

5ACTION Freeview 33

9.00am Entertainment News on 5 **9.10** Traffic Cops **10.10** Police Interceptors **11.10** FILM River of No Return (1954/PG) ★★★ **1.05** FILM The Flight of the Phoenix (1965/PG) ★★★★ **4.00** Trucking Hell **5.00** Traffic Cops **6.00** Police Interceptors **9.00** Trucking Hell **11.00** WWE: Raw Highlights **12.00m't** Fights, Camera, Action! **2.00** Trucking Hell **3.00** Sinkholes **3.50** World's Deadliest Weather: Caught on Camera **4.35-5.00am** 999: Criminals Caught on Camera

SKY ARTS Freeview 11

6.00am Beyond the Grace Note **7.20** LSO: Sir Simon Rattle Conducts Webern, Berg, Ligeti and Stravinsky with Barbara Hannigan **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Peter Sellers **12.00noon** Celebrity Portrait Artist of the Year **1.00** Tales of the Unexpected **2.00** Boswell & Johnson's Scottish Road Trip **3.00** Portrait Artist of the Year 2017 **4.00** Discovering: Robert Shaw **5.00** Tales of the Unexpected **6.00** Alfred Hitchcock Presents **7.00** Discovering: Daniel Day-Lewis **8.00** Lenny Henry's Got the Blues **9.00** The Directors **10.00** Discovering: Matthew McConaughey **11.00** Alfred Hitchcock Presents **12.00m't** Cartoon Carnival **1.55** Toto Play Baloise Session **3.30** Arts Uncovered **3.40** Inside Art: Derek Jarman at Manchester Art Gallery **4.10-5.00am** The Art of Architecture

A League of Their Own
Sky Max, 9pm
Patrice Evra (left), Jimmy Carr, Richard Ayoade and Angela Scanlon join host Romesh Ranganathan and regulars Micah Richards and Jamie Redknapp on the quiz.

GOLD

7.00am Keeping Up Appearances **7.40** Outnumbered **8.15** 2point4 Children **8.55** Hi-de-Hi! **9.30** Still Open All Hours **10.10** Last of the Summer Wine **11.30** Desmond's **12.00noon** 2point4 Children **12.40** Dad's Army **1.20** Outnumbered **2.00** Keeping Up Appearances **2.40** Last of the Summer Wine **4.00** Dad's Army **4.40** Still Open All Hours **5.20** Keeping Up Appearances **6.00** Hi-de-Hi! **6.40** Dad's Army **8.00** Porridge **9.20** The Office **10.00** Live at the Apollo **11.00** The Cockfields **11.40** Peep Show **12.50am** Porridge **2.20** The Office **2.50** 2point4 Children **3.20-4.00am** Desmond's

YESTERDAY Freeview 27

6.00am Forbidden History **8.00** Top Gear **9.00** The World at War **10.00** War Factories **11.00** Abandoned Engineering **12.00noon** The Architecture the Railways Built **1.00** Bangers and Cash **2.00** Abandoned Engineering **4.00** War Factories **5.00** The World at War **6.00** Top Gear **7.00** Abandoned Engineering **8.00** Bangers and Cash **9.00** Secrets of the London Underground **10.00** Bangers and Cash **11.00** Abandoned Engineering **12.00m't** Top Gear **1.00-3.00am** Forbidden History

ALIBI

7.15am Murdoch Mysteries **9.00** Miss Fisher's Murder Mysteries **10.00** Unforgettable **11.00** Rizzoli & Isles **12.00noon** Death in Paradise **1.00** Father Brown **2.00** Murdoch Mysteries **4.00** Miss Fisher's Murder Mysteries **5.00** Unforgettable **6.00** Major Crimes **7.00** Rizzoli & Isles **8.00** Death in Paradise **9.00** Father Brown **10.05** The Game **11.15** Murdoch Mysteries **12.15am** Miss Fisher's Murder Mysteries **1.20** Father Brown **2.25-4.00am** Murdoch Mysteries

SKY MAX

6.00am Stargate SG-1 **8.00** The Flash **9.00** DC's Legends of Tomorrow **10.00** Supergirl **11.00** NCIS: New Orleans **1.00pm** Hawaii Five-0 **2.00** MacGyver **3.00** DC's Legends of Tomorrow **4.00** The Flash **5.00** Supergirl **6.00** Stargate SG-1 **8.00** An Idiot Abroad **2 9.00** A League of Their Own **10.00** Cricket's Funniest Moments **10.30** The Russell Howard Hour **11.15** COBRA: Cyberwar **12.15am** The Flash **1.15** MacGyver **2.15** Supergirl **3.10-4.05am** Hawaii Five-0

SKY ATLANTIC

6.00am Richard E Grant's Hotel Secrets **7.45** Boardwalk Empire **10.00** The Sopranos **12.15pm** Ray Donovan **2.25** Game of Thrones **3.30** Boardwalk Empire **5.45** The Sopranos **7.55** Game of Thrones **9.00** I Hate Suzie **9.45** The Staircase **11.00** House of the Dragon **12.10am** Gangs of London **1.15** Succession **2.25** Munich Games **3.30** In Treatment **4.00-6.00am** Hotel Secrets

SKY WITNESS

6.00am UK Border Force **7.00** Stop, Search, Seize **8.00** Border Patrol **9.00** Road Wars **10.00** Air Ambulance ER **11.00** The Good Doctor **12.00noon** The Rookie **1.00** FBI **2.00** Blue Bloods **3.00** The Equalizer **4.00** Paramedics: Australia **5.00** Nothing to Declare **8.00** Blue Bloods **9.00** FBI **10.00** FBI: International **11.00** Law & Order: Special Victims Unit **12.00m't** The Equalizer **1.00** FBI: Most Wanted **2.00** FBI **4.00** Road Wars **5.00-6.00am** Brit Cops: Law & Disorder

SKY COMEDY

8.00am Futurama **9.00** Everybody Hates Chris **10.00** The Office (US) **11.30** Curb Your Enthusiasm **1.25pm** How to Make It in America **2.30** The Office (US) **3.00** Will & Grace **5.00** The Office (US) **5.30** Futurama **6.30** Everybody Hates Chris **7.30** The Office (US) **8.45** Sex and the City **10.00** Bloods **10.30** Intelligence **11.30** Sex and the City **12.40am** The Late Late Show with James Corden **1.35** The Tonight Show Starring Jimmy Fallon **2.30-4.00am** Entourage

DISCOVERY

6.00am Wheeler Dealers: Dream Car **7.00** Deadliest Catch **8.00** Building Off the Grid **9.00** The Last Alaskans **10.00** Ice Lake Rebels **11.00** Wheeler Dealers: Dream Car **12.00noon** Supertruckers **1.00** Gold Rush: Winter's Fortune **2.00** Lone Star Law **3.00** Homestead Rescue: Raney Ranch **4.00** Alaska: The Last Frontier **5.00** Wheeler Dealers **6.00** Bitchin' Rides **7.00** Junkyard Empire **8.00** Railroad Alaska **9.00** Naked and Afraid XL **10.00** Naked and Afraid: Alone **11.00** Yukon Men **12.00m't** Mysteries of the Deep **1.00** Naked and Afraid **11.20** Naked and Afraid **3.00-4.00am** Bad Chad Customs

NATIONAL GEOGRAPHIC

8.00am Nazi Megastructures **9.00** Elizabeth I: The Secret Life **10.00** Europe from Above **11.00** Lost Treasures of Egypt **12.00noon** Secrets of the Civil War: Drain the Oceans **1.00** Ultimate Airport Dubai **2.00** Air Crash Investigation **4.00** Ice Road Rescue: Highway Havoc **5.00** Car S.O.S **6.00** World War II: Secrets From Above **7.00** Air Crash Investigation **8.00** Drain Alcatraz **9.00** Wicked Tuna **10.00** To Catch a Smuggler **11.00** Air Crash Investigation **12.00m't** Car S.O.S **1.00** Wicked Tuna **2.00** Ice Road Rescue **3.00-5.00am** Air Crash Investigation

Radio

BBC RADIO 1

97.6-99.8MHz 6.57am Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.30** Newsbeat **10.32** Rickie, Melvin and Nat **12.00noon** Radio 1's Live Lounge **12.45** Newsbeat **1.00** Dean and Vicky **3.30** Newsbeat **3.32** Going Home with Vick and Jordan **5.45** Newsbeat **6.00** Radio 1's Future Sounds with Clara Amfo **8.00** Radio 1's Future Pop with Mollie King **10.00** BBC Introducing Dance **11.00** Radio 1's Residency **1.00am** Ibiza Anthems **2.00** Get Set with Radio 1 **3.00** Radio 1 Relax in Love **4.00** Radio 1 Dance **5.00-6.33am** Radio 1 Early Breakfast with Emma-Louise

BBC RADIO 2

88-91MHz 6.30am The Zoe Ball Breakfast Show **9.30** Ken Bruce **12.00noon** Jeremy Vine **2.00** Steve Wright **5.00** Sara Cox **7.00** Jo Whiley **9.00** The Country Show with Bob Harris **10.00** Trevor Nelson **12.00m't** OJ Borg **3.00** Sounds of the 90s with Fearne Cotton **4.00** A Dance Through the Decades **4.30-6.30am** Early Breakfast Show

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.00** Essential Classics **12.00noon** Composer of the Week: Emilie Mayer **1.00** Radio 3 Lunchtime Concert **2.00** Afternoon Concert **5.00** In Tune **7.00** In Tune Mixtape **7.30** Radio 3 in Concert **10.00** Free Thinking **10.45** The Essay: Coming Home **11.00** The Night Tracks Mix **11.30** Unclassified **12.30-6.30am** Through the Night

CHOICE

Gemma Arrowsmith's Sketched Out
Radio 4, 6.30pm
Gemma has a new show on Radio 4, but will she be able to host it herself? In this first episode of the series combining social commentary and whip-smart sketches, Paterson Joseph is drafted in to host by execs Theo and Cleo, leaving Gemma to work out how to wrestle back control of her own show.

BBC RADIO 4

FM 92.4-94.6MHz, LW 198kHz 6.00am Today **8.31** (LW) Parliament **9.00** In Our Time **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Fen, Bog & Swamp **10.00** Woman's Hour **11.00** Crossing Continents **11.30** Unplayable **12.00noon** News **12.01** (LW) Shipping Forecast **12.04** You and Yours **12.30** All Consuming **12.57** Weather **1.00** The World at One **1.45** Just One Thing with Michael Mosley **2.00** The Archers **2.15** Drama: I've Been So Touched **3.00** Ramblings **3.27** Radio 4 Appeal **3.30** BBC National Short Story Award 2022 **4.00** The Curious Cases of Rutherford & Fry **4.30** BBC Inside Science **5.00** PM **5.54** (LW) Shipping Forecast **5.57** Weather **6.00** News **6.30** Gemma Arrowsmith's Sketched Out **7.00** The Archers **7.15** Front Row **8.00** The Briefing Room **8.30** The Digital Human **9.00** BBC Inside Science **9.30** In Our Time **10.00** The World Tonight **10.45** Book at Bedtime: Stone Blind **11.00** Your Place or Mine **11.30** Today in Parliament **12.00m't** News **12.30** Book of the Week: Fen, Bog & Swamp **12.48** Shipping Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58-6.00am** Tweet of the Day

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast **9.00** Nicky Campbell **11.00** Adrian Chiles **1.00pm** Nihal Arthanayake **4.00** 5 Live Drive **7.00** 5 Live Sport **7.45** 5 Live Sport **10.00** Colin Murray **1.00-5.00am** Dotun Adebayo

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales Breakfast with Claire Summers **8.30** Dot Davies **11.00** Wynne Evans **2.00pm** Anna Ryder Richardson **5.00** Radio Wales Drive **6.30** Bennett Arronís Cymru Knish **7.00** Radio Wales Sport **10.00** The Late Show with Eleri Sion **12.30am** As Radio 5 Live **5.30-6.00am** Bennett Arronís Cymru Knish

CLASSIC FM

100-102MHz 6.00am More Music Breakfast **9.00** Alexander Armstrong **12.00noon** Lucy Coward **4.00** John Brunning **7.00** Smooth Classics at Seven **10.00** Smooth Classics **1.00am** Bill Overton **4.00-6.00am** Breakfast

ABSOLUTE RADIO

1215kHz 6.00am Andy Bush **10.00** Leona Graham **1.00pm** Sarah Champion **4.00** Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

Movies

FILM4

11.00am Esther Waters (1948/PG) Period drama, starring Dirk Bogarde. ★★
1.15pm Santa Fe Passage (1955/U) Western, with John Payne and Faith Domergue. ★★
3.05 The Red Pony (1949/U) Drama, starring Robert Mitchum and Myrna Loy. ★★
4.50 Carry On Spying (1964/U) Comedy, with Kenneth Williams and Charles Hawtrey. ★★★
6.35 Indiana Jones and the Kingdom of the Crystal Skull (2008/12) Adventure sequel, with Harrison Ford and Cate Blanchett. ★★★
9.00 Ad Astra (2019/12) An astronaut embarks on a mission to Neptune to uncover the truth about his missing father and a strange power surge. Sci-fi drama, starring Brad Pitt and Tommy Lee Jones. ★★★★
11.20 No Escape (2015/15) Thriller, starring Owen Wilson and Pierce Brosnan. ★★★
1.25-4.00am The Beast (2019/18) Drama, with Sung-min Lee and Jae-myung Yoo. ★★★★

SKY CINEMA PREMIERE

6.00am Marry Me (2022/12) See 1.50am for details. ★★★
8.05 Sing 2 (2021/U) See 4.10pm for details. ★★★★
10.05 After Yang (2022/PG) See 8.00pm for details. ★★★★
12.00noon Jockey (2021/15) An aging jockey aims for a final championship. Drama, starring Clifton Collins Jr and Moises Arias. ★★★★
1.55pm Murder at Yellowstone City (2022/15) See 9.55pm for details. ★★★
4.10 Sing 2 (2021/U) Animated musical sequel, with the voices of Matthew McConaughey and Reese Witherspoon. ★★★★
6.10 Mona Lisa and the Blood Moon (2021/15) Mystery thriller, starring Ed Skrein and Kate Hudson. ★★★★
8.00 After Yang (2022/PG) Premiere. In the near future, a family reckons with questions of love, connection and loss after their AI helper unexpectedly breaks down. Sci-fi drama, starring Colin Farrell. ★★★★
9.55 Murder at Yellowstone City (2022/15) Western, starring Gabriel Byrne. ★★★
12.10am Stowaway (2022/15) Action thriller, starring Ruby Rose and Frank Grillo. ★★
1.50 Marry Me (2022/12) Romantic comedy, with Jennifer Lopez and Owen Wilson. ★★★
3.50-5.45am Mona Lisa and the Blood Moon (2021/15) See 6.10pm for details. ★★★★

SKY CINEMA DRAMA

4.05pm The Ides of March (2011/15) Drama, starring George Clooney. ★★★★
5.50 Spotlight (2015/15) Drama, with Mark Ruffalo and Michael Keaton. ★★★★★
8.00 Straight Outta Compton (2015/15) Biopic of hip-hop group NWA, starring O'Shea Jackson Jr and Corey Hawkins. ★★★★
10.30 Milk (2008/15) Drama, with Sean Penn and Josh Brolin. ★★★★★
12.45am Sundown (2021/15) Drama, with Tim Roth and Albertine Kotting Mcmillan. ★★★★
2.20 Staying Alive (1983/PG) Drama, with John Travolta and Finola Hughes. ★★
4.05-6.00am Under the Stadium Lights (2020/12) Drama, with Milo Gibson. ★★

SKY CINEMA FAMILY

5.00pm Clifford the Big Red Dog (2021/PG) Family adventure, with Darby Camp. ★★★
6.50 Garfield (2004/U) Family comedy, with the voice of Bill Murray and Breckin Meyer. ★★
8.20 Save the Cinema (2022/12) Drama, with Samantha Morton and Tom Felton. ★★★
10.15 The Water Horse: Legend of the Deep (2007/PG) Children's fantasy adventure, starring Alex Etel and Emily Watson. ★★★★
12.15am C.I.Ape (2021/PG) Comedy, starring Sophia Alongi and Skip Schwink. ★★★
1.50 Think Like a Dog (2020/PG) Family comedy drama, with Josh Duhamel. ★★★
3.30-5.30am Save the Cinema (2022/12) See 8.20pm for details. ★★★

TCM

4.35pm Operation: Daybreak (1975/15) Fact-based Second World War drama, with Timothy Bottoms and Martin Shaw. ★★★
7.00 The Spy in the Green Hat (1966/U) Adventure, starring Robert Vaughn. ★★★★
9.00 Lethal Weapon (1987/15) Action thriller, with Mel Gibson and Danny Glover. ★★★★
11.15 A Nightmare on Elm Street (1984/18) Horror, starring Robert Englund. ★★★★★
1.10-2.30am Gun Fight (1961/U) Western, starring James Brown and Joan Staley. ★★★

GREAT! MOVIES

4.45pm Our Man in Havana (1959/PG) Satirical spy drama, starring Alec Guinness and Ralph Richardson. ★★★
7.05 The Cable Guy (1996/12) Comedy, with Jim Carrey and Matthew Broderick. ★★★
9.00 American Gangster (2007/18) Drama, starring Denzel Washington. ★★★★
12.10am A Most Violent Year (2014/15) Thriller, starring Oscar Isaac. ★★★★
2.40 Deadly Daycare (2014/PG) Thriller, starring Christy Carlson Romano. ★★
4.20-6.00am Sinister Surrogate (2018/PG) Thriller, starring Maeve Quinlan. ★★★

CALVIN AND HOBBES Bill Watterson

DILBERT Scott Adams

FAITH, HOPE AND SUE Lisa Wild

RUPERT AND THE WHALE No 27

"High tide's due soon! We'd better go
And let Tad and the others know!"

Rupert and Merboy tell Cap'n Binnacle how the Tide Master has agreed to send a special tide. "We've got to let Tad know!" says Rupert. "He'll need to be ready the moment the sea starts to rise." Cap'n Binnacle agrees to row back as quickly as he can. "I'd better let the undersea dwellers know what to expect!" says Merboy. "A freak tide could cause trouble for sea creatures. I'll spread the word!"

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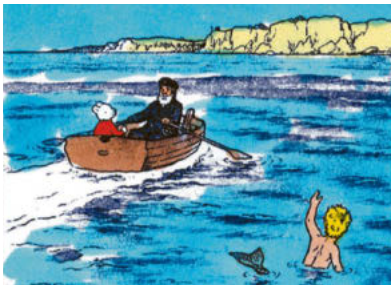
"Good luck!" the Merboy calls. "I'll tell
The sea creatures it's due as well."

Garlic Wood Chicken and vegetable pie

This pie can be frozen in advance and cooked straight from the freezer without defrosting, so is an ideal standby dish. Serves 8.

INGREDIENTS

- 500g skinless, boneless chicken breast fillets - cubed
- **4 carrots, sliced**
- 150g frozen garden peas
- **3 to 4 stalks celery, sliced**
- 75g butter
- **1 onion, chopped**
- 5 tbsp plain flour
- **1/2 tsp salt**
- 1/4 tsp black pepper
- **1/4 tsp celery seed**
- 400ml chicken stock
- **150ml milk**
- 1 packet shop-bought puff or flaky pastry

METHOD

1) Preheat oven to 220 C.
2) Combine chicken, carrots, peas and celery in a saucepan. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3) Cook onion in butter until soft and translucent. Stir in flour, salt, pepper and celery seed. Slowly stir in chicken stock and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4) Prepare a 23cm pie dish by lining with pastry, reserving pastry to cover.
5) Place the chicken mixture in bottom of the prepared pie dish. Pour hot liquid mixture over. Cover with top pastry, seal edges, and cut away excess pastry. Make several small slits in the top to allow steam to escape.
6) Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

ALAN'S TIP OF THE DAY: Check trays of pelargonium and fuchsia cuttings rooting on windowsills indoors; pull out any that are dying, and pick off dead or yellow leaves and any flower buds appearing on healthy cuttings. Water sparingly to avoid any risk of rotting.

Russell Grant Britain's celebrity astrologer

Aries Mar 21 - Apr 20

You sensed how some areas of your life were likely to pan out and that's why it will not be an inconvenience to put yourself out for others. You knew they would need you today and you're prepared to put their needs in front of your own.
0905 789 3701**

Taurus Apr 21 - May 21

If you aren't happy with someone's recent behaviour, this needs to be discussed. Looking back you may accept you have not been as loving or as considerate as you could have been and a youngster's rebellious ways will recede.
0905 789 3702**

Gemini May 22 - June 21

Be prepared to stand a while and gossip with a friend or neighbour. They will share a piece of information you find useful. Circulate among your workmates. Anything you are working on that is important will produce satisfactory results.
0905 789 3703**

Libra Sep 24 - Oct 23

You will get good results by staying in the background. Besides, this is the place you would rather be when you are unlikely to feel comfortable in a crowd. Be careful about what is being said when discussing someone else's business.
0905 789 3707**

Scorpio Oct 24 - Nov 22

You just happen to find yourself in a position to grab an opportunity that could make a difference to your future. This is a chance you will take without any hesitation. Are you footloose and fancy free? A get-together will change all that.
0905 789 3708**

Sagittarius Nov 23 - Dec 21

A need to explore, expand and experience something new seems even more apparent now. Embarking on a spiritual journey will improve your mental, emotional and physical well-being. Make time in your life to commune with nature.
0905 789 3709**

Cancer June 22 - July 23

People are banking on your support at a group gathering or community event. Even if you aren't keen on this now the time has come, show your face and show respect for the time and effort it has taken by others to get this under way.
0905 789 3704**

Leo July 24 - Aug 23

You miss someone who used to be always there for you. Close your eyes and imagine what advice they would be giving you now. A group effort would have been more successful had someone put more thought and care into the planning.
0905 789 3705**

Virgo Aug 24 - Sep 23

A job offer might be unexpected but it is worth considering. You may not be looking to make any changes and you won't feel ready for all the implications, but this could be a chance for you to make a respected name for yourself in your field.
0905 789 3706**

Capricorn Dec 22 - Jan 20

Someone in a senior position is starting to see you through new eyes. It has taken a long time to get your talents noticed. Continue to showcase your creativity. At last you are seeing the rewards from developing your own style.
0905 789 3710**

Aquarius Jan 21 - Feb 19

The formal atmosphere of what was supposed to be a casual meeting takes you by surprise. New obligations will mean more work for you in the future. Have you been told everything you need to know, and is everyone telling the truth?
0905 789 3711**

Pisces Feb 20 - Mar 20

You will be glad when demands on your time and energy are reduced. A relationship is starting to unsettle you when it is not going as you hoped. What hurts the most is when you get accused of something you didn't do in the first place.
0905 789 3712**

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- Jennie Bond, Cruise Miles® Ambassador & former Royal Correspondent

13 NIGHTS DEPARTING 12TH & 25TH JANUARY & 15TH FEBRUARY 2023

Day 1 **Embark *Spirit of Adventure* and depart Portsmouth**

Day 4 **Lisbon, Portugal** ★Included Sightseeing Excursion×★

Day 6 **Arrecife, Lanzarote** (arrive late am) ★Included Sightseeing Excursion×★
This relatively sleepy port's origins can be seen in the whitewashed fishermen cottages and 17th century church set around the coastal lagoon of El Charco de San Gines. From Arrecife, you can also discover the lava fields of Timanfaya National Park

Day 7 **Las Palmas, Gran Canaria**
Nearly half of Gran Canaria has been declared a UNESCO Biosphere Reserve. The island is fringed with beautiful coves and sandy beaches to the south and wild mountains to the north. The subtropical capital of Las Palmas is set beside two broad bays and features cafe-lined squares and shady courtyards

Day 8 **Santa Cruz, Tenerife** ★Included Sightseeing Excursion×★

Day 9 **Santa Cruz, La Palma**
La Palma is the greenest of the Canaries and large tracts of its laurel forests have been declared a UNESCO Biosphere Reserve. Explore the capital of Santa Cruz which is set in a sweeping natural amphitheatre and was a hub for New World explorers and merchant traders during the Age of Exploration

Day 10 **Funchal, Madeira** ★Included Sightseeing Excursion×★
Madeira is a verdant, mountainous island formed from a volcanic eruption and known for its namesake wine. Often described as the 'floating garden in the Atlantic', the island is home to the world's largest laurel forest and Botanical Gardens where exotic indigenous plants grow. An included sightseeing excursion will reveal the scenic highlights of the island

Funchal, Madeira

Day 14 **Arrive in Portsmouth**

Days not mentioned are spent relaxing at sea. Itinerary is based on 12th January 2023 and ports of call may vary on other dates. 25th January 2023 departure is one night longer in duration

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Deluxe Twin with Balcony	A	~~£7,442~~	**£4,961**
Suite	FF	~~£8,760~~	**£6,570**

Solo fares are available from **£5,196**

Fares and availability are based on 12th January 2023 departure date

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  - **INCLUDED** sightseeing excursions×
  - **FREE** 24-hour room service
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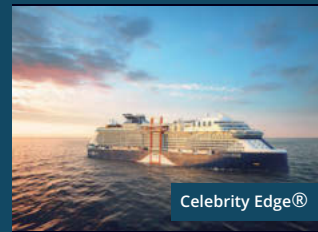
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14 NIGHTS | MAY - SEP 2023 | PRICES FR £2,799pp*

PRICES PER PERSON FROM*	INSIDE	OCEAN VIEW	VERANDA	CONCIERGE CLASS
	£2,799pp	£3,199pp	£3,699pp	£4,299pp

Bask in the serenity of the Italian Lakes and its beguiling surroundings with a trio of Italian Lakes escape and a scenic Bernina Express rail journey followed by a sumptuous jewels of the Mediterranean cruise.

Stretching across northern Italy, the Italian Lakes are a collection of paradisical lakes nestled amongst stark, jagged mountains, vast stretches of verdurous countryside and charming quaint towns. Here you'll savour a six-night Italian Lakes escape sure to leave you infatuated with the La Dolce Vita lifestyle.

With stays in Lake Maggiore, Lake Garda and the Italian Lakes' best kept secret, Lake Iseo, you'll delight in three respective hotel stays allowing you revel in the beguiling nature of these word-famous magical lakes, as well as enjoy an astounding Bernina Express for an iconic scenic rail journey affording vistas you'll cherish for a lifetime.

Following a stay in Florence, you'll then transfer to Civitavecchia to embark on your all-inclusive, delights of the Mediterranean voyage to Barcelona. Highlights of your incredible cruise include calls to the 'Island of Beauty' Corsica, Portofino in the heart of the Italian Riviera, glamourous Monte Carlo and Palma de Mallorca with its endless array of fabulous galleries, restaurants and bars.

This *amazing* holiday includes:

Rail Journey

Scenic rail journey through the Swiss Alps on board the Bernina Express

All-Inclusive Cruise

7 night all-inclusive cruise on board Celebrity Edge®
- FREE Classic Drinks Package, Wi-Fi and Tips

Visiting: Civitavecchia (Rome), Ajaccio, Portofino, Florence, Monte Carlo, Palma de Mallorca, Barcelona

Hotel Stays

2 night four-star stay in Lake Maggiore at the Zacchera Collection or similar

2 night four-star stay at the Hotel Acquaviva Del Garda or similar

2 night four-star stay in Lake Iseo at the Hotel Rivalago or similar

1 night four-star hotel stay in Florence at the Starhotels Michelangelo or similar

All hotel stays include breakfast

All flights & transfers

(London departure - regional flights available)

*Prices based on 6 May 2023 departure.

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PRICES PER PERSON FROM	CLUB INTERIOR	CLUB OCEANVIEW	CLUB VERANDA	CLUB CONTINENT SUITE
	£5,299pp	£6,299pp	£6,299pp	£8,999pp

Embark on a Far East discovery during an all-inclusive cruise from Singapore, paired with unforgettable stays in the paradise surroundings of Bali and the Maldives.

Your extraordinary holiday begins in the mystifying Maldives where you'll enjoy an indulgent five-night retreat at the all-inclusive Sun Siyam Olhuveli resort. Savour unparalleled sweeping views of the Indian Ocean as you relax and recharge.

You'll then fly to Dubai to indulge in a five-star, one-night stay at the JW Marriott Marquis, to uncover the city's melting pot of cultures and grand cityscape.

Next, you'll step on board Azamara Journey® for a luxurious all-inclusive journey to Singapore. With one staff member for every two guests, you'll experience personal and attentive service. Highlights include calls in exotic destinations such as energetic Mumbai, an overnight in port in delightful Colombo and Indonesia's Sabang to soak up incredible beaches and expanses of pure natural beauty.

You'll then enjoy a Balinese escape at Hotel Meliá Bali, where you'll savour a final five days min paradise. This luxurious five-star hotel is a wonderful way to end to your phenomenal holiday. With a stay here, you are guaranteed to find yourself dreaming of your days in Bali for years to come.

This *amazing* holiday includes:

All-Inclusive Cruise

15 night all-inclusive luxury cruise on board Azamara Journey®

- Complimentary alcoholic and non-alcoholic beverages including house spirits, wine and international beers
- Pre-paid gratuities and complimentary AzAmazing Evenings® event

Visiting: Dubai, Mumbai, Cochin, Colombo (overnight in port), Hambantota, Sabang, Kuala Lumpur, Singapore, Bali

Hotel Stays

5 night four-star all-inclusive hotel stay in the Maldives at the Sun Siyam Olhuveli

1 night five-star stay at the JW Marriott Marquis Hotel Dubai with breakfast

1 night five-star stay at the JW Marriott Hotel Singapore South Beach with breakfast

5 night five-star all-inclusive hotel stay at the Meliá Bali

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(London departure - regional flights available)

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AT A GLANCE

STOCK MARKET			
FTSE 100	7237.6	▼	+45.0
FTSE 250	18714.7	▼	+186.5
FTSE ALL SHARE	3973.8	▼	+26.2
Shares Traded	5048.1 million		

POPULAR SHARES ON THE RISE		
Abrdn	146¾	+4¼
AstraZeneca	10090	+14
Aviva	437½	+1
BAE Systems	805	+33¼
BP	455½	+3
Centrica	81¼	+1¾
National Grid	1037	+18
Royal Mail	215	+½
Sainsbury (J)	194¾	+½
Shell	2335	+32½
Tesco	225¾	+1¾
Unilever	4052½	+75
Vodafone Group	108¾	+2½

POPULAR SHARES ON THE SLIDE		
Barclays	167¾	-3
BT Group	135	-2
GSK	1304½	-8
HSBC Holdings	525	-9¼
Int Consolidated Airlines	104¾	-3½
Lloyds Banking Group	48½	-½
Marks & Spencer Group	111	-¾
NATWEST GROUP	264	-5¼
Rolls-Royce Holdings	74¼	-1½
Saga	144¼	-8¼
Whitbread	2560	-60

WORLD MARKETS			
WALL STREET	30,183.7	▼	-522.45
TOKYO	27313.1	▲	-375.3
HONG KONG	18444.6	▲	-336.8
GERMANY	12767.1	▼	+96.3
FRANCE	6031.3	▼	+51.9

STERLING VALUE			
Dollar	1.131	▼	-0.007
Yen	163.305	▲	-0.317
Euro	1.146	▼	+0.004

DOLLAR VALUE			
Dollar/Yen	144.373	▲	+0.6260
Dollar/Euro	1.013	▲	+0.0100

COMMODITIES		
GOLD($)	▼	1664.65
KRUGERRAND(£)	▲	1464.02
SILVER(pence)	▼	1670.29
BRENT CRUDE($)	▼	90.34

OTHER INDICATORS	
Base rate	1.75%
Halifax mortgage rate	3.71%
Retail Price Index	+12.3% (CPI +9.9%)
House price Index	+7.8%
Unemployment	1,294,000

TOURIST'S POUND

Australia	1.65 dollar
Canada	1.47 dollar
China	7.42 renminbi
Czech Rep.	26.22 koruna
Denmark	8.07 krone
Eurozone	1.12 euro
Hong Kong	8.3 dollar
Hungary	426.51 forint
Israel	3.69 shekel
Japan	155.17 yen
Mexico	21.42 peso
New Zealand	1.86 dollar
Norway	11.27 krone
Poland	5.11 zloty
Russia	69.73 ruble
Saudi Arabia	4.04 riyal
South Africa	19.30 rand
Sweden	11.83 krona
Switzerland	1.06 franc
Thailand	39.84 baht
Turkey	19.36 lira
United States	1.12 dollar

Struggling shoppers spend £400m less in supermarkets

By **Graham Hiscott**

HOUSEHOLDS cut back their supermarket spending by £400million last month as many attempted to make ends meet.

Shoppers are also focusing on buying little but more often to help manage rising food bills, said analysts NielsenIQ.

It comes after recent data from the Office for National Statistics revealed food price inflation had jumped to more than 13 per cent. It is the sharpest hike since 2008, with prices of items such as cooking oil, milk and butter rising even faster.

According to NielsenIQ, the amount spent in supermarkets fell by £400million to £12.1billion in the four weeks to September 10.

In another sign that shoppers are looking for savings wherever they can, budget supermarket Lidl was the fastest growing store over the past 12 weeks.

And last week rival discounter Aldi overtook Morrisons to become the UK's fourth biggest supermarket.

Mike Watkins, NielsenIQ's UK head of retailer and business insight, said: "It's no surprise that our data shows that 57 per cent of consumers are saying they have been severely or moderately affected by the cost-of-living crisis, and in three months this is anticipated to rise to 76 per cent.

"With inflation expected to remain close to current levels for the rest of the year, this will encourage households to shop around and to look for savings across different retailers, with shoppers increasingly focusing on the cost of their weekly groceries to help manage personal finances."

CRISIS: Caution hits shop aisles

Till data showed growth in grocery sales slowed from 4.5 per cent in August to 2.5 per cent in the four weeks ending September 10.

With bills surging, the volume of goods bought at supermarkets fell 4.4 per cent over the last 12 weeks.

Meanwhile, online grocery sales have dropped by 7 per cent in the past year, as people do more of their shopping in store, compared to when Covid controls were in place.

It meant there were one million fewer online deliveries than this time last year.

After Lidl, the next fastest growing grocer was the Co-op.

Tesco remains the biggest chain by far, with a market share of 26.8 per cent.

EX JD BOSS GETS £6M TO STAY ON SIDE

Picture: REUTERS

NET GAIN: Peter Cowgill was with JD Sports for 18 years until May

THE former boss of JD Sports will be paid over £6million to prevent him teaming up with the chain's rivals.

Peter Cowgill, 69, left the retailer in May after a review of the corporate governance of owner JD Sports Fashion.

The deal will see him pocket £3.5million to stop him joining competitors for two years, £2million to act as a consultant for three years and a year's £900,000 salary, plus bonuses.

Chairman Andy Higginson said: "Peter has hugely valuable experience built over 18 years which we do not want to lose."

Broker Shore Capital said the deal would "effectively remove a potential distraction for the board and its new CEO", Régis Schultz.

Pendragon motoring as sales fall

CAR dealer Pendragon grew half-year revenues despite a sharp fall in the number of vehicles it sold.

Supply chain issues have led to a shortage of vehicles for sale, which the group behind the Evans Halshaw and Stratstone chains expects to continue. In the six months to the end of June it sold 17.9 per cent fewer new cars and 14.6 per cent fewer used motors. But the shortage also meant it discounted less, boosting margins.

Reported pre-tax profit rose 6.8 per cent to £32.9million. Revenues rose 1.6 per cent to £1.84billion.

£15m of help for staff at M&S

MARKS & Spencer has announced a £15million package to help workers with the cost-of-living crisis.

From October 1, more than 40,000 staff will see their hourly pay increase to a minimum of £10.20, on top of an increase from £9.50 to £10 in April. Combined, M&S said it represents an annual rise of 7.4 per cent and means full-time assistants will earn more than £100 extra each month compared with last October.

The store is also giving 4,500 staff a one-off £250 M&S voucher. Chief executive Stuart Machin, said: "Our colleagues are our biggest asset."

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
3i Group	1138½	+39½	1503½	1059
A.B. Foods	1323	+2	2131	1288
Admiral Group	2159#	+7	3455	1729
Airtel Africa	139	+4	171	93¼
Anglo American	2814½#	+36½	4170½	2474
Antofagasta	1110#	+10	1781½	991½
Ashtead Group	4213	+122	6450	3359
AstraZeneca	10090	+14	11440	8191
Auto Trader	613½#	+10¾	741¾	499½
Aveva Group	3102	+54	4032	1924
Aviva	437½#	+1	603	382¼
B&M Europ Value Ret	333	+1	644	331
BAE Systems	805	+33¼	838½	528¾
Barclays	167¾	-3	217	140½
Barratt Development	419	+14	760	404¾
Berkeley Grp Hldgs	3555	+48	4903	3447
BP	455½#	+3	466	308¾
British Amer.Tob	3455	-26½	3628	2512½
British Land	398	+5½	556½	387½
BT Group	135	-2	201	134
Bunzl	2759	+57	3163	2397
Burberry Group	1744	+22	2063	1482
Centrica	81¼	+1¾	91	53¾
Coca-Cola HBC	1900½	-5½	2687	1460½
Compass Group	1858	+7	1969½	1440
CRH	3050#	+50	4002	2756½
Croda International	6632#	+148	10410	5908
DCC	4626	-24	6486	4602
Dechra Pharmaceuticals	2946	+24	5365	2886
Diageo	3801#	+47½	4103½	3343
DS Smith	263¾	+2½	441¾	256½
Electrocomponents	1044	+23	1255	812
Endeavour Mining	1674#	+27	2100	1510
Entain	1196½#	-2	2377	1075½
Experian Group	2666	+61	3667	2285
F&C Inv Tst	916	+8	946	770
Flutter Entert.	10115	-195	15890	7614
Fresnillo	747½	+6½	986¾	622½
GlaxoSmithKline	1304½#	-8	2263	1302
Glencore	486#	+5	541½	312
Halma	2108	+73	3216	1876½
Hargreaves Lansdown	891½	+48	1598	762½
HSBC Holdings	525#	-9¼	567¼	359¾
Imperial Brands	1900#	-14	1952½	1486
Informa	541¾	-1½	620	464½
InterContinental Htl	4489#	-156	5338	4193
Intermediate Cap.Grp	1171½	+25	2379	1130
Intertek Group	3877#	+56	5782	3797
Intl Consolidated Airlines	104¾	-3½	188	103
JD Sports	123¾	+1	234	103
Kingfisher	237½		356	230
Land Securities	599½#	+9	813¼	581¼
Legal & General	262#	+2¾	307¾	233¼
Lloyds Banking Grp	48½	-½	4824½	41
London Stock Ex	7728	+180	8582	6370
M&G	198¼#	+2	227¼	178¼
Melrose	107¾#	+2¼	183½	102¾
Mondi	1416#	+5	1950½	1309
National Grid	1037	+18	1245½	884½
NatWest Group	264	-5¼	283½	207¾
Next	5752	+28	8426	5654
Ocado	575	-31½	1897½	574½
Pearson	882	-5	923¾	571¾
Pershing Square Hold	2795	+15	3115	2330
Persimmon	1400	+63	2883	1337
Phoenix Group	615½	+11½	701½	568¼
Premier Oil	482#	+11	530	298½
Prudential	957½#	+3¾	1509	881
Reckitt Benckiser	6260	-16	6808	5391
RELX	2231	+30	2449	2071
Rentokil Initial	517¼	+5½	636¼	444½
Rightmove	602½	+16½	800½	531
Rio Tinto	4720#	-24	6225	4375½
Rolls-Royce Group	74¼	-1½	147½	71¼
Sage Group	730	+16	853¾	595½
Sainsbury (J)	194¾	+½	306½	193¾
Schroders	445c	+17	748½	419¾
Scottish Mortgage	817¼	-1	1543½	670½
SEGRO	849¾#	+2½	1436½	836¼
Severn Trent	2643	+31	3211	2599
Shell	2335	+32½	2440	1833½
Smith & Nephew	1025½	-12½	1369	1008
Smiths Group	1499½	+6½	1629	1355½
Smurfit Kappa	2738	+24	4168	2623
Spirax-Sarco	10360	+295	17135	9130
Sports Direct	788	+11	949½	562½
SSE	1739#	+32	1920	1525
St James's Place	1095#	+23	1731½	1044
Standard Chartered	598½#	-4¼	638½	410
Taylor Wimpey	107	+4	178	103
Tesco	225¾	+1¾	303½	222¾
Unilever	4052½	+75	4063½	3328
Unite Group	964½#	+10	1207	945
United Utilities	1021½	+16	1176½	968½
Vodafone Group	108¾	+2½	139½	106½
Whitbread	2560	-60	3438	2431
WPP Group	777	+1½	1224	725¾

FTSE 100

7260, 7240, 7220, 7200, 7180

8am, 12pm, 4:30pm

MARKET REPORT

SHARES in homebuilders rose sharply yesterday after reports the Government would cut stamp duty in tomorrow's mini-Budget.

Such a move would be a major boost for the housing sector, which has shown signs of cooling as inflation and interest rates rise.

On the FTSE 100, **Persimmon** jumped 4.7 per cent, or 63p, to 1,400p and **Taylor Wimpey** was up almost 3.8 per cent, or 3.9p, at 106.95p. **Barratt Developments** gained 14.1p to close at 418.9p.

Ocado Group suffered another sell-off, this time falling 31.4p, or 5.18p, to 575p.

The retail technology firm's stock has taken a pounding since bosses cut its full-year guidance, with banks downgrading it.

Other big fallers yesterday were **InterContinental Hotels Group** (down 156p to 4,489p), British Airways parent company **IAG** (down 3.54p to 104.8p), and Premier Inn owner **Whitbread** (down 60p at 2,560p).

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Aerospace & Defence				
Avon Rubber	888	+43	2106	739
Babcock International	321¾	+7	380¼	295
BAE Systems	805	+33¼	838½	528¾
Chemring Group	292½	+8½	367½	256
QinetiQ Group	334½	+8¼	394¼	243
Rolls-Royce Group	74¼	-1½	147½	71¼
Senior	126½	-¼	172¼	113¼
Alternative Energy				
Porvair	550		772	500
Banks				
Barclays	167¾	-3	217	140½
Bco Santander	226¾	-1¾	291	193½
Close Brothers	1049	+13	1575	987
CYBG	148¼	+1¼	218	124¼
HSBC Holdings	525#	-9¼	567¼	359¾
Investec	395½	+7	536¾	278
Lloyds Banking Grp	48½	-½	4824½	41
Metro Bank	83½	+¼	133	70¾
NatWest Group	264	-5¼	283½	207¾
Standard Chartered	598½#	-4¼	638½	410
Beverages				
Barr (AG)	495	-½	588	466
Britvic	765	+10½	949½	741
Coca-Cola HBC	1900½	-5½	2687	1460½
Diageo	3801#	+47½	4103½	3343
Chemicals				
Carclo	17	-¾	44½	16¾
Croda International	6632#	+148	10410	5908
Elementis	107¾	-1	157¼	97
Johnson Matthey	1905	-60	2763	1721
Synthomer	167½	+1	524½	163¾
Treatt	624	+3	1315	507
Victrex	1665	+4	2538	1590
Construction & Materials				
Balfour Beatty	336½	+4¾	340½	215½
Clarke T	130½#	+1½	182	118½
CRH	3050#	+50	4002	2756½
Dialight	238½		373	230
Galliford Try	159½	+2½	206¼	153¼
Gleeson (MJ)	486	+13	820	440
Keller Group	678	+2	1020	664
Kier Group	70½	+¼	124¾	68
Kingspan Grp	4706¼#	+45½	9339¼	4535¼
Marshalls	336¼	+8½	783	318¾
Morgan Sindall	1590	+6	2600	1569½
Severfield-Rowen	56#		80½	53½
Smart (J) & Co	160½		161½	128½
Tyman	211½	+7	443½	204½
Electricity				
Drax Group	716#	+32½	831½	481¾
SSE	1739#	+32	1920	1525
Electronic & Electrical Equipment				
Acal	734	+24	1142	597
Halma	2108	+73	3216	1876½
Morgan Crucible	246½	+6	392	240½
Oxford Instruments	1970	-8	2665	1760
Renishaw	3630	+110	5480	3444
Spectris	2800	+74	4083	2458
TT Electronics	147¾	+4¾	283	141¾
XP Power	1798#	-2	5540	1767¾
Equity Investment Instruments				
Aberdeen All Asia	557½	+2½	815	530
Aberdeen Asian Sml	264	-6	303	245½
Aberforth Sml.Co.	1186	+10	1550	1144
Acorn Income				
Advance Devlpg Fund	554	-2	732	514
Albion Tech.& Gen. VCT	76		78	74½
Albion VCT	49		56	47½
Alliance Trust	965#	+5	1078	887
Artemis Alpha	296#	+3½	435	286
Aurora Inv.Tst.	194½	-1	250	186
AVI Global Tst	186½	+1½	1110	172
Baillie Gifford Japan	742	-5	1086	662
Baillie Gifford Shin Nip	155	-½	264	131¾
Bankers Inv.Tst	103¼	+1	125	95½
Baronsmead VCT.2	61½		79½	61½
BH Macro GBP	4820	+60	4870	3500
Biotech Growth Trust	972	-4	1248	753
BlackRock Mining	611#	+9	792	503
Blue Planet Intl Tst	11	-½	27	9
BlueCrest AllBlue	223		280½	223
Bluehone AiM VCT2	33		37	33
British Assets Tst	97¾	-¼	103½	95
Brunner Inv.Tst	964	+10	1130	933
Caledonia Inv	3515	+75	4100	3230
City Natural Res.Yld.	195½	-3½	232	134¼
City Of London	398½	+3	425	377
Dunedin Ent.IT	520		530	424
Dunedin Income	281	+3	332	263
Edin Wwide Inv	181	+¾	335	160¾
Edin.Drgn.Tst.	431		534	409
Edin.Inv.Tst.	581	+7	657	573
Edin.US Tracker	303	-1	320	267
Eldersteet VCT	54½		58½	50¼
European Ass Tst	84	+¼	147½	82¾
F&C Cap&Inc	290#	-3	343½	281
F&C Inv Tst	916	+8	946	770
F&C Smaller Cos	1391¼	+1¾	175½	134½
F&C US Smaller Companies	1225	-15	1525	1085
Fidelity Asian	476	-4	499	407

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Fidelity European	283½	+1½	345	267½
Fidelity Japanese	164	-2	261	143
Fidelity Special	261½	+1½	315	250
Finsbury Gwth&In	832	+14	930	734
Foresight Tech.VCT	78½		83	70
Gartmore Euro	133½		168¼	127
Genesis E.M.F.	604¾	+2¼	878	587¼
Graphite Ent	1020	+12	1314	954
Hansa Tst 'A'	187	+½	219	179½
Hansa Tst Plc	186		222	180¾
Henderson Euro.Tst	117	+½	155½	112
Henderson Far Est	279½	-1	306½	273½
Henderson High Inc	162½#	+1	182½	153½
Henderson Opp Tst	1047½#	+15	1447½	1012½
Herald Inv.Tst	1696	+44	2570	1560
HGCapital Tst	375	+5½	454	312
HSBC Infrastructure	177½#	+½	183	161
Impax Env.Mkt	426	+5½	583	381½
Int.Biotech.Tst	669		760	575
International Public	164½#	+½	173¾	155¾
Invesco Asia	333½	-2½	372	311
Invesco Perp UK	423½	+2½	634	415¾
JPM American	743#	+5	795	655
JPM Asian	357	-5	463½	344
JPM Claverhouse	678	+10	785	639
JPM Elect Man Gwth	955	-10	1110	907½
JPM Emerg Mkt	104¾	-½	137¼	99¾
JPM Euro Sml Co	377	+5	582	366½
JPM Global Emerging	122#	-½	148½	121
JPM Indian	872	+24	874	705
JPM Japanese	451½	+2	720	412½
JPM Mid Cap	846	+13	1502½	830
JPM Overseas IT	424#	+7	474	386
JPM Smaller Co	263	+2	447	252
JPM US Sml Co	377	+9	472	341
Jupiter Euro	670	+7	891	644
JZ Capital Partners	172		199	90
Keystone Inv.Tst	209	+3	357½	174½
Law Debenture	727	+9	830	709
Lowland Invest Co	118	+1	144½	110¼
Majedie Inv	171½		243	168½
Manchester&Lon	363½	+4½	624	335
Martin Currie Prtflo Tst	299	-1	433	279
Matrix Inc & Gwth 4	86½		99½	80½
Maven Income And Growth VCT 4	42		47	41
Mercantile Inv Tst	179¾	+2¼	283	173¾
Merchants Tst	538	+5	587	513
Mid Wynd Int	695	+4	860	680
Midas Inc&Gwth Tst	162½#		191½	160½
Monks Inv.Tst	1028		1450	888
Montanaro Euro Tst	114½	-3½	225½	114½
Montanaro Uk	106½		175½	101
Murray Inc.Tst	797	+8	934	770
Murray Int.Tst	1228		1320	1076
New India	604	-2	660	500
New Star Inv.Tst	123		146	123
North Atl.Smlr.Tst	3430	-10	4990	3405¼
Northern 2 VCT	58		66½	58
Northern Venture	61¾		70¾	61¾
Oxford Tech 2 VCT	26½		27½	25
Pacific Assets	350½	-7½	371½	291
Pacific Horizon	615	+5	948	602
Pantheon Int	262	+1	351	240½
Pershing Square Hold	2795	+15	3115	2330
Polar Cap.Tech	1970	+18	2750	1778
RCM Technology Trust	231½	+3	370	200
RIT Capital Partners	2285	+10	2765	2220
Ruffer Investment	296½	+4½	325	283½
Schroder Asia	513	+1	614	498
Schroder Inc	290½	+2	317	280
Schroder Japan	199½	-¼	231	187½
Schroder UK	154	+1¾	247	146½
Schroder UK M&S	504	-3	778	496
Scottish American	483½	+11½	543	442½
Scottish Mortgage	817¼	-1	1543½	670½
Shires Inc	250½	-½	284½	233
Shires Smlr.Co	243	-2	395	236
Small Comp Div.Tst	172½	+3	234	159
SPARK VCT	21		23	20¼
Standard Life Equity	318#	+6	380	303
Standard Life UK Sml	435½	-½	776	432¾
SVM UK Emerging	73½		115½	73½
Temple Bar	217½#	+2½	254½	204
Templeton Emrg	147¾	+1	189¼	140½
The European Inv.Tst	82		164½	78½
Throgmorton Tst	531	+2	1016	525
TR Euro.Growth	133	+1	188¼	131
TR Prop. IT	335	+6	504	328¼
Troy Inc & Growth Trust	69¼	+¼	82½	67¾
Value & Income	223	+3	274	212
Witan Inv Trust	223	+4	257	202
Witan Pacific	264½	-3½	417	253
Wwide Healthcare	3350	+15	3810	2825
Financial Services				
3i Group	1138½	+39½	1503½	1059
3i Infrastructure	336½	+3	366½	304
Abrdn	146¾#	+4¼	264	141¼
Ashmore Group	225¼	+6¾	355¼	192
Brewin Dolphin	513	-1	517	266
City Of London Group	51½		76	31
Guinness Peat Group	57	+1¾	81½	55¼
Hargreaves Lansdown	891½	+48	1598	762½
IG Group	791	+7	857½	648
Intermediate Cap.Grp	1171½	+25	2379	1130

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
International Pers Fin	82½#	-2	143	73
IP Group	69	+2¾	140	65
Jupiter Fund Man	106¾	+3¾	265	91½
Liontrust Asset Man	849	+36	2340	789
London Stock Ex	7728	+180	8582	6370
Lonfin	33		41½	33
M&G	198¼#	+2	227¼	178¼
Man Group	251½	+9	275	178¾
Paragon Group	496	+7	617½	427¼
Provident Financial	193#	+6½	381½	166
Rathbone Brothers	1868#	+34	2210	1518
S & U	2017½	-32½	2940	1984
Schroders	445c	+17	748½	419¾
St James's Place	1095#	+23	1731½	1044
Tullett Prebon	168¼	+4¼	172½	102½
Walker Crips Group	30		33½	28½
Fixed Line Telecommunications				
Airtel Africa	139	+4	171	93¼
BT Group	135	-2	201	134
Telecom Plus	1780	+28	2250	1056
Food & Drug Retailers				
Greggs	1917#	+13	3416	1804
Ocado	575	-31½	1897½	574½
Sainsbury (J)	194¾	+½	306½	193¾
Tesco	225¾	+1¾	303½	222¾

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Health Care Equipment & Services				
Flying Brands	2¼		7¼	2¼
Mediclinic Intnl	495		501½	286½
Smith & Nephew	1025½	-12½	1369	1008
Household Goods & Home Construction				
Barratt Development	419	+14	760	404¾
Bellway	1968½	+66½	3505	1902
Berkeley Grp Hldgs	3555	+48	4903	3447
Bovis Homes	712	+14	1261½	680
Colefax Group	790#		880	595
Headlam Group	270	+4	508	260
Mcbride	24¼		81¼	15½
Persimmon	1400	+63	2883	1337
Reckitt Benckiser	6260	-16	6808	5391
Redrow	499¼	+20½	717¾	469¾
Taylor Wimpey	107	+4	178	103
Industrial Engineering				
Castings	314	+12	380	288
Hill & Smith	1036	+10	1866	960
IMI	1139	+29	1838	1071
Northgate	316½#	+2½	440½	312
Rotork	242¾#	+5	373½	232¾
Slingsby H.C.	240		240	175
Spirax-Sarco	10360	+295	17135	9130

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Food Producers				
A.B. Foods	1323	+2	2131	1288
Anglo-Eastern	772	-32	952	606
Carr's Milling	102#	+2	160	97
Cranswick	2892		3820	2872
Devro	175	+1½	228½	172
Glanbia	1056½#	+26½	1319¾	847¼
Greencore Group	80	-1¼	146½	78¼
Kerry Grp 'A' Shs	8286¾	+195½	11041¼	7766½
Premier Foods	103½	+1¼	126¾	98¼
REA Holdings	110		200½	56½
Tate & Lyle	687¾			
Unilever	4052½	+75	4063½	3328
Gas, Water & Multiutilities				
Centrica	81¼	+1¾	91	53¾
National Grid	1037	+18	1245½	884½
Pennon Group	915½	+14	1237	895½
Severn Trent	2643	+31	3211	2599
United Utilities	1021½	+16	1176½	968½
General Industrials				
Bunzl	2759	+57	3163	2397
DS Smith	263¾	+2½	441¾	256½
Goodwin	2775#	+150	3935	2400
Melrose	107¾#	+2¼	183½	102¾
Mondi	1416#	+5	1950½	1309
Smiths Group	1499½	+6½	1629	1355½
Smurfit Kappa	2738	+24	4168	2623
General Retailers				
ASOS	655½	+16	3345	613
Auto Trader	613½#	+10¾	741¾	499½
B&M Europ Value Ret	333	+1	644	331
Caffyns	550		602½	500
Dignity	395	-8	777	385
Dixons Carphone	64½	+1¼	140	59
Dunelm	790½	+10	1486	670½
Halfords Group	154¼	+4	370	124¾
Howden Joinery	574¼	+16½	975½	552½
JD Sports	123¾	+1	234	103
Kingfisher	237½		356	230
Lookers	80		101	56½
Marks & Spencer	111	-¾	256½	110¾
Next	5752	+28	8426	5654
Pendragon	23½	+½	28¾	17½
Pets At Home	304½	+1¼	519	278
RM Group	31	-1½	248	26½
Sports Direct	788	+11	949½	562½
Ted Baker	109½	+½	162¾	69½
Topps Tiles	43	-½	73½	38
WH Smith	1409	+4	1805½	1311

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Vesuvius	346½	+10¼	520½	284½
Vitec Group	1380	-8	1565	1060
Weir Group	1501	+16½	1897	1328½
Xaar	200	-7	273	145
Industrial Metals & Mining				
Bodycote	530	+14½	912½	500
Evraz				
Ferrexpo	132½	+1½	327¼	107
Industrial Transportation				
Braemar Shipping Serv	296#		340	201
Clarkson	2725	+45	4180	2648¼
Fisher (J) & Sons	290	-9	880	260½
Ocean Wilsons	845	-35	1050	820
Royal Mail	215	+½	526¾	212
Stobart Group	4¾	+¼	16	4½
Wincanton	309½	-9	424	304
Leisure Goods				
Games Workshop	6400	-660	11160	5891½
Photo-Me Intl	92½	+¾	118	56¼
Life Insurance				
Aviva	437½#	+1	603	382¼
Chesnara	310#	-2½	325	256½
Legal & General	262#	+2¾	307¾	233¼
Phoenix Group	615½	+11½	701½	568¼
Prudential	957½#	+3¾	1509	881
Media				
4imprint Group	3780	+115	4045	2240
Bloomsbury Publish	396	-4	427½	319
Future	1392	+26	3830	1303
Informa	541¾	-1½	620	464½
ITE Group	62	-¾	121¼	46¾
ITV	63		125¾	61¼
Pearson	882	-5	923¾	571¾
Quarto Group	130	-4½	175½	96½
Reach	78½#	+2¼	378	70¼
RELX	2231	+30	2449	2071
STV Group	282½	+½	377½	249
Wilmington Group	286	+9	291	205
WPP Group	777	+1½	1224	725¾
Mining				
Anglo American	2814½#	+36½	4170½	2474
Anglo Pacific	162¼	-3¾	189½	121
Antofagasta	1110#	+10	1781½	991½
BHP Billiton	2249½#	-10½	3019	1835¼
Centamin Egypt	88¾#	+1	109¾	74½
Endeavour Mining	1674#	+27	2100	1510
Fresnillo	747½	+6½	986¾	622½
Gem Diamonds	36¾	+¼	73	33¾
Glencore	486#	+5	541½	312

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Hochschild Mining	60½#	+½	173½	58½
Kenmare Res.	422½	-2½	526	403
London & Ass.Prop	19¼	+½	25	12
Petra Diamonds	119	+1	134	60½
Polymetal Intl	226	-1	1516½	92
Rio Tinto	4720#	-24	6225	4375½
Mobile Telecommunications				
Vodafone Group	108¾	+2½	139½	106½
Nonequity Investment Instruments				
Oryx Int.Gwth	1150	+30	1925	1072½
Rights &Iss.Inc	1980#	+5	2790	1970
Nonlife Insurance				
Admiral Group	2159#	+7	3455	1729
Beazley Group	615½	+3	628	370¼
Direct Line Insurance	205	-¼	312¼	193¾
Hiscox	921	+6¾	990¼	792¾
Homeserve	1188	-1	1190	608½
Lancashire	540½	+11	604½	346½
Oil & Gas Producers				
BP	455½#	+3	466	308¾
Cairn Energy	238½	+6½	242¾	174½
Enquest	28¼	+1	36½	17
Gulf Keystone Pet	224	+6	310	168¼
Premier Oil	482#	+11	530	298½
Shell	2335	+32½	2440	1833½
Soco International	20	-½	31¼	19
Tullow Oil	47½	+1½	62¼	39¾
Oil Equipment, Services & Distribution				
Hunting	272	+4	356½	144½
John Wood Group	138¼	+9¼	251¾	126¾
Lamprell	9		44¼	5¾
Petrofac	113¼		175	98
Personal Goods				
Burberry Group	1744	+22	2063	1482
PZ Cussons	195¼	+4¼	230½	182¾
Supergroup	108½		311½	106¼
Pharmaceuticals & Biotechnology				
AstraZeneca	10090	+14	11440	8191
Dechra Pharmaceuticals	2946	+24	5365	2886
Genus	2820	+74	5750	2234
GlaxoSmithKline	1304½#	-8	2263	1302
Hikma	1210	-21	2474	1209½
Oxford Biomedica	392½	-7	1634	386
Real Estate Investment & Services				
Boot (Henry)	277		345	265
Capital & Regional	59½#	+½	65	54
Cardiff Property	2550		2550	1875
CLS Holdings	165¼#	+1	235	164¼
Foxtons	36¾#	+¼	52	31
Grainger	259¼	+1½	319¼	252¼
Harworth Group	126	-½	191	126
Helical Bar	333	+4	474	329
Mountview Est	11750	-250	14750	11650
Panther Secs	290		315	255
Rightmove	602½	+16½	800½	531
Savills	907#	+1	1450	890
UK Commercial Prop	66	+1	93½	64¼
Wynnstay Props	675		755	650
Real Estate Investment Trusts				
Big Yellow Group	1150	+6	1709	1117
British Land	398	+5½	556½	387½
Capital & Counties	115½	-½	179¼	115½
Derwent London	2326#	+10	3679	2300
F&C Commercial	92¾#	+1	122½	91
Great Portland Est	496¼	-4¼	779	494½
Hammerson	20¾	-½	40	19
Highcroft Inv	1025#	+25	1065	875
Land Securities	599½#	+9	813¼	581¼
London & Stamford Prop	200½#	+4½	285¼	191½
Primary Health	129		161½	128
SEGRO	849¾#	+2½	1436½	836¼
Shaftesbury	400¼	+¼	662	396
Town Centre	164	+1	178½	120
Unite Group	964½#	+10	1207	945
Workspace Group	487½	-1¾	887	482½
Software & Computer Services				
Aveva Group	3102	+54	4032	1924
Computacenter	2058	+22	2978	2010
Gresham Computing	145½	-1	183	136
Intec Telecom	71¾			
Just Eat Takeaway	1399½	+14½	6055	1148½
Micro Focus	522		524½	256¼
Microgen	395	-17	710	290
Moneysupermarket	192½	+6¼	225½	167
Sage Group	730	+16	853¾	595½
St.Ives	180½	-4¾	348	169
Triad Group	122½		165	105
Support Services				
Ashtead Group	4213	+122	6450	3359
Capita Group	29	-¼	52¾	20¼
Costain Group	41½	-¾	60¾	32¾
DCC	4626	-24	6486	4602
De La Rue	87½	-6	189	73
Diploma	2482	+64	3460	2158
Electrocomponents	1044	+23	1255	812
Essentra	198	+4½	357	189½
Euromoney Inst	1446	-2	1466	829
Experian Group	2666	+61	3667	2285
Ferguson	9812	+114	13305	8680

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Hays	118	+1¼	175½	109
Inchcape	738½	+14	928	647
Intertek Group	3877#	+56	5782	3797
London Security	2450		3850	2350
Macfarlane Group	98#	-7	145	98
Mears Group	202	+2	224	179½
Michael Page	391¾#	+½	680½	383¼
Mitie Group	72¾	-¾	79¾	46½
Paypoint	611#	+5	741	522
Rentokil Initial	517¼	+5½	636¼	444½
Ricardo Group	435½	+5½	490	331½
Robert Walters	481#	-19	862	448
RPS Group	208#	+1	213	92
Serco Group	164¾#	+2¾	188¼	121¼
Shanks Group	646	-6	851	534
SIG	33	-½	52¾	29½
Smiths News	27¾	+¼	40¼	27½
Speedy Hire	38¼#	+¾	72	37½
SThree	367	+2½	602	317½
Travis Perkins	839½	+26	1746	805
Trifast	81¾#	-2¼	165	80¼
Technology Hardware & Equipment				
BATM Advanced	26¼	-¼	92¾	26
Spirent	269½	+7¼	298¾	215½
Tobacco				
British Amer.Tob.	3455	-26½	3628	2512½
Imperial Brands	1900#	-14	1952½	1486
Travel & Leisure				
888 Holdings	122	+½	478	116½
Carnival	765¾	-56¼	1766½	619½
Celtic	109		140	95
Compass Group	1858	+7	1969½	1440
Domino's Pizza	241¾#	+1¾	465¼	226½
EasyJet	341	-11¾	727½	336
Entain	1196½#	-2	2377	1075½
FirstGroup	122¾	+2	139½	87¼
Flutter Entert.	10115	-195	15890	7614
Fuller Smith & Turner	500	+20	758	480
Go-Ahead Group	1544	+2	1612	540
Heavitree	290		303	290
InterContinental Htl	4489#	-156	5338	4193
Intl Consolidated Airlines	104¾	-3½	188	103
Irish Continental Uts	385¼#		402¾	262¼
Marston's	41¾	+¾	84¾	36
Mitchells & Butlers	162½	+2¼	267¾	149
National Express	199	+7½	284¼	166
Rank Group	78¾	+2¾	179½	73¾
Restaurant Gp	42¼	-½	112¾	40
Saga	144¼	-8¼	370½	142½
TUI AG	134¼	-4¾	308¾	123¼
Wetherspoon (JD)	497½	+½	1095	471¾
Whitbread	2560	-60	3438	2431
AIM				
600 Group	13¾	-¼	16¼	11½
Alumasc Group	155½	-6½	242½	133
Arbuthnot Banking	835#	+5	1030	810
Boohoo	42	+1¼	268¾	39¾
Brown (N.) Group	24	+2	52½	21¾
Camellia	5100#	-75	6925	4990
Churchill China	1360	+25	1865	1070
CML Microsystems	363		440	338
CPP Group	175	-10	450	171½
Cropper (James)	990		1575	835
Dewhurst	1035		1970	1021
Electra Private Eq	10¾	+¼	597	9¾
Falkland Islands	228	-7	250	210
Fevertree Drinks	912½	+15½	2775	837
Filtronic	12¾		16¾	9
Finsbury Food Group	77	-1½	102	66½
Gresham House	777		1005	765
Hornby	28½		57	25½
IEnergizer	484½	+1	512	258
James Halstead	219	-2	580	196
Johnson Service	91½	+2	162	88
Majestic Wine	91	-8	752	90
Mothercare	10	-¼	19¾	6
Mpac Group	292½	-10	600	230
Nichols	1090	+30	1540	1043½
Norish	13		177½	10
Northamber	49½		69½	47
Numis Corporation	259	-1	366	230
Ovoca Gold	9½	-¼	22½	9
Portmeirion	350	+20	710	327
Regal Petroleum	22½	-1	47¾	15
Renold	24¼	+¼	34	20
Rockhopper Exploratn	14¾	+¾	15	4¾
Sportech	20		40	19½
Ten Alps	95		123½	60½
Titon Holdings	85	-3	115	75
UBC Media Group	+¼		1	+¼
Volex	265	+8	475	225
Young & Co Brewery A	1098	+8	1660	1062

The service is provided for general information only and is not intended to address individual requirements. Appropriate independent advice should be obtained before making investment decisions. Reasonable care will be taken in ensuring the accuracy of the information provided but it may include errors, omissions or inaccuracies.

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TIGER 8/550 | 2HP | 7CFM | 50LTR | £169.98 | £203.98
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PG3800ADV 3000W
MODEL | MAX OUTPUT | WEIGHT KG | EXC.VAT | INC.VAT
IG950D | 800W | 9.3 | £199.00 | £238.80
IG1700F | 1700W | 22 | £229.00 | £274.80
IG1200D | 1100W | 12.4 | £259.00 | £310.80
IG2000D | 1800W | 20 | £369.00 | £442.80
IG3500AF | 3400W | 35 | £379.00 | £454.80
IG2200A | 2200W | 26.6 | £398.00 | £477.60
MODEL | KVA | HP | EXC.VAT | inc.VAT
PG2500A | 2.2 | 5.6 | £239.00 | £286.80
PG3800A | 3 | 5.6 | £289.00 | £346.80
PG3800ADV | 3 | 5.6 | £319.00 | £382.80
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CSE400A | 115L | 8M | £39.98 | £47.98
PSV3A# | 133L | 8M | £44.99 | £53.99
PSV1A# | 140L | 5.8M | £54.99 | £65.99
PSV4A# | 216L | 8M | £59.98 | £71.98
HIPPO 2A 230V | 85L | 6M | £67.99 | £81.59
PVP11A‡# | 258L | 11.0M | £86.99 | £104.39
HSEC650A‡# | 290L | 9.5M | £229.00 | £274.80
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£299.00 EXC.VAT £358.80 inc.VAT
Model | Description (LxWxH (mm) | exc. VAT | inc. VAT
CBB209BGC | 9 DR CHEST | £169.98 | £203.98
1 CBB209C | 9 DR CHEST | £159.95 | £191.94
CBB217BGC | 7 DR CABINET | £299.00 | £358.80
2 CBB217C | 7 DR CABINET | £289.00 | £346.80
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VIDEO ON-LINE
ULTRA LIGHT WEIGHS ONLY 27KG
MODEL | MAX.PRESS | ENGINE | EXC.VAT | INC.VAT
TIGER 1800B | 1595psi | 3 HP | £259.00 | £310.80
TIGER 2600B | 2610psi | 4 HP | £339.00 | £406.80
PLS195B | 2640psi | 6.5 HP | £479.00 | £574.80
PLS220 | 3335psi | 9 HP | £639.00 | £766.80
PLS265B | 3263psi | 13 HP | £719.00 | £862.80
PLS360 | 3600psi | 13 HP | £939.00 | £1126.80
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MODEL | SIZE (LxWxH) | EXC.VAT | INC.VAT
CIG81212 | 3.6 x 3.6 x 2.5m | £259.00 | £310.80
CIG81015 | 4.5 x 3 x 2.4m | £289.00 | £346.80
CIG81216 | 4.9 x 3.7 x 2.5m | £329.00 | £394.80
CIG81020 | 6.1 x 3 x 2.4m | £359.00 | £430.80
CIG81220 | 6.1 x 3.7 x 2.5m | £399.00 | £478.80
CIG81224 | 7.3 x 3.7 x 2.5m | £499.00 | £598.80
CIG1432* | 9.7x4.3x3.65m | £1159.00 | £1390.80
CIG1640* | 12x4.9x4.3m | £3250.00 | £3900.00
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B'HAM HAY MILLS 1152 Coventry Rd, Hay Mills 0121 7713433
BOLTON 1 Thynne St. BL3 6BD 01204 365799
BRADFORD 105-107 Manningham Lane. BD1 3BN 01274 390962
BRIGHTON 123 Lewes Rd, BN2 3QB 01273 915999
BRISTOL 1-3 Church Rd, Lawrence Hill. BS5 9JJ 0117 935 1060
BURTON UPON TRENT 12a Lichfield St. DE14 3QZ 01283 564 708
CAMBRIDGE 181-183 Histon Road, CB4 3HL 01223 322 675
CARDIFF 44-46 City Rd. CF24 3DN 029 2046 5424
CARLISLE 85 London Rd. CA1 2LG 01228 591666
CHELTENHAM 84 Fairview Road, Cheltenham 01242 514 402
CHESTER 43-45 St. James Street. CH1 3EY 01244 311258
COLCHESTER 4 North Station Rd. CO1 1RE 01206 762831
COVENTRY Bishop St. CV1 1HT 024 7622 4227
CROYDON 423-427 Brighton Rd, Sth Croydon 020 8763 0640
DARLINGTON 214 Northgate. DL1 1RB 01325 380 841
DEAL (KENT) 182-186 High St. CT14 6BQ 01304 373 434
DERBY Derwent St. DE1 2ED 01332 290 931
DONCASTER Wheatley Hall Road 01302 245 999
DUNDEE 24-26 Trades Lane. DD1 3ET 01382 225 140
EDINBURGH 163-171 Piersfield Terrace 0131 659 5919
EXETER 16 Trusham Rd, Marsh Barton Trading Estate 01392 256 744
GATESHEAD 50 Lobley Hill Rd. NE8 4XA 0191 493 2520
GLASGOW 280 Gt Western Rd. G4 9EJ 0141 332 9231
GLOUCESTER 221A Barton St. GL1 4HY 01452 417 948
GRIMSBY Ellis Way, DN32 9BD 01472 354435
HULL 8-10 Holderness Rd. HU9 1EG 01482 223161
ILFORD 746-748 Eastern Ave. IG2 7HU 0208 518 4286
IPSWICH Unit 1, Commercial Rd. IP1 1UZ 01473 221253
LEEDS 227-229 Kirkstall Rd. LS4 2AS 0113 231 0400
LEICESTER 69 Melton Rd. LE4 6PN 0116 261 0688
LINCOLN Unit 5. The Pelham Centre. LN5 8HG 01522 543 036
LIVERPOOL 80-88 London Rd. L3 5NF 0151 709 4484
LONDON CATFORD 289/291 Southend Lane SE6 3ND 0208 695 5684
LONDON 6 Kendal Parade, Edmonton N18 020 8803 0861
LONDON 503-507 Lea Bridge Rd. Leyton, E10 020 8558 8284
LUTON Unit 1, 326 Dunstable Rd, LU4 8JS 01582 728 063
MAIDSTONE 57 Upper Stone St. ME15 6HE 01622 769 572
MANCHESTER ALTRINCHAM 71 Manchester Rd. Altrincham 0161 9412 666
MANCHESTER CENTRAL 209 Bury New Rd, M8 8DU 0161 241 1851
MANCHESTER OPENSHAW Unit 5, Tower Mill, Ashton Old Rd 0161 223 8376
MANSFIELD 169 Chesterfield Rd. South 01623 622160
MIDDLESBROUGH Mandale Triangle, Thornaby 01642 677881
NORWICH 282a Heigham St. NR2 4LZ 01603 766402
NORTHAMPTON Beckett Retail Park, St James' Mill Road 01604 267840
NOTTINGHAM 211 Lower Parliament St. 0115 956 1811
PETERBOROUGH 417 Lincoln Rd. Millfield 01733 311770
PLYMOUTH 58-64 Embankment Rd. PL4 9HY 01752 254050
POOLE 137-139 Bournemouth Rd. Parkstone 01202 717913
PORTSMOUTH 277-283 Copnor Rd. Copnor 023 9265 4777
PRESTON 53 Blackpool Rd. PR2 6BU 01772 703263
SHEFFIELD 453 London Rd. Heeley. S2 4HJ 0114 258 0831
SIDCUP 13 Blackfen Parade, Blackfen Rd 0208 3042069
SOUTHAMPTON 516-518 Portswood Rd. 023 8055 7788
SOUTHEND 1139-1141 London Rd. Leigh on Sea 01702 483 742
STOKE-ON-TRENT 382-396 Waterloo Rd. Hanley 01782 287321
SUNDERLAND 13-15 Ryhope Rd. Grangetown 0191 510 8773
SWANSEA 7 Samlet Rd. Llansamlet. SA7 9AG 01792 792969
SWINDON 21 Victoria Rd. SN1 3AW 01793 491717
TWICKENHAM 83-85 Heath Rd.TW1 4AW 020 8892 9117
WARRINGTON Unit 3, Hawley's Trade Pk. 01925 630 937
WIGAN 2 Harrison Street, WN5 9AU 01942 323 785
WOLVERHAMPTON Parkfield Rd. Bilston 01902 494186
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Racing

LEVEY CALLS FOR INQUIRY

By **Melissa Jones**

WRONGED jockey Sean Levey has called for an investigation into the debacle which robbed him of landing a £20,000 bonus.

And Levey said he felt "aggrieved" after missing his chance of winning the lucrative Racing League top jockey award when he was stood down by raceday stewards last Wednesday after failing an instant saliva test.

The sample produced a positive result for amphetamine, a prohibited substance.

Levey immediately requested a urine sample, which came back negative – but it has cost him eight days of wages, plus a shot at the five-figure sum in the competition.

In his absence, Saffie Osborne raced to the top of the Racing League standings with a 6,539-1 treble at Newcastle's grand finale.

Levey, who returns at Haydock tomorrow, said in a statement: "It's hard not to feel aggrieved.

"Some might say I've been unlucky with the false positive happening just before the Racing League final, but I sincerely hope there are lessons to be learned from this and that similar things don't happen in the future."

And, later, Levey (left) told At The Races: "I hadn't taken anything and I was innocent. It has tarnished my name.

"And I still haven't heard anything back from the BHA as far as an apology is concerned."

A spokesperson for the British Horseracing Authority said: "The BHA can confirm that Sean Levey is able to ride but will be making no further comment at this time."

LEVEY: Aggrieved

Vadeni set to run in Arc in late U-turn

By **Andy MacMorrin**

VADENI is set to run in the Qatar Prix de l'Arc de Triomphe next month after connections of the Coral-Eclipse winner had a change of heart.

Sent off favourite for the Irish Champion Stakes at Leopardstown on his last run, the colt, trained by Jean-Claude Rouget, right, finished third to current Arc favourite Luxembourg.

His Chantilly-based handler initially ruled Vadeni out of a crack at the ParisLongchamp feature on Sunday week, but the Aga Khan-owned son of Churchill could now try the mile-and-a-half trip for the first time rather than remaining over 10 furlongs for the Qipco Champion Stakes at Ascot.

Georges Rimaud, manager of the Aga Khan's studs in France, said: "Vadeni will run in the Arc.

"The forecast is better for France than it is generally for the meeting at Ascot, so we opted to go for the better ground. He doesn't want it very slow or deep or challenging."

SOUTHWELL SKYSPORTSRACING

4.50 HANDICAP (DIV 1) £3,726 (Class 6) 1m 13yds (10 declared)

1 (1) 257LL2 EL JAD (17) (F) A Brittain 4 9-13 ... Doubtful 66
2 (9) 456469 EBURY (15) (D) S Dixon 6 9-13 ... D Swift 67
3 (5) 693L56 NAADYAA (16) Joseph Parr 3 9-10 ... T Hammer Hansen ★69
4 (8) 167237 MASQOOL (14) (C&D) H Evans 4 9-10 ... D Costello 67
5 (7) 149074 ● VIVENCY (31) J Mackie 5 9-8 ... C Murtagh 66
6 (3) L16450 BOUNTY PURSUIT (42) (C) M Blake 10 9-7 ... T Greatrex 68
7 (6) 003130 BACK FROM DUBAI (31) (C&D) S Bowring 5 9-5 ... L Edmunds 67
8 (4) 0-2083L LADY ZIANA (9) D Brown 4 9-1 ... T Eaves 65
9 (2) 059-049 COME TO PASS (105) A Carroll 3 9-1 ... J Mitchell 62
10 (10) 746357 LUSCIFER (23) (C&D) R Harris 5 8-13 ... Gina Mangan(5) 61

BLINKERS: No. 2 VISOR: No. 1 CHEEK PIECES: No. 8.

SP FORECAST: 11-4 Vivency, 3 Back From Dubai, 11-2 Ebury, 6 Masqool, 8 Naadyaa, Luscifer, 16 Bounty Pursuit, 20 Come To Pass, Lady Ziana.

2021: No corresponding meeting.

5.25 HANDICAP (DIV 2) £3,726 (6) 1m 13yds (10)

1 (5) L52321 HARBOUR VISION (9) (D) S Dixon 7 9-13(4ex) ... K O'Neill 68
2 (6) L46 SIX O'CLOCK SWILL (37) M Pattinson 4 9-12 ... J Bryan 53
3 (8) 325113 CLIPSHAM GOLD (35) (D,F) K P De Foy 3 9-10 ... B Sayette(3) 69
4 (7) 2-46 MY MIRAGE (149) Alice Haynes 4 9-10 ... T Hammer Hansen 66
5 (4) L54/9- THUNDER GAP (502) T Tate 5 9-7 ... B Garritty –
6 (3) 332318 WHEAL KITTY (27) (D) B Smart 3 9-7 ... H Shaw 66
7 (2) L07242 ● CLOCH NUA (7) Mrs Stella Barclay 3 9-3 ... S Donohoe 70
8 (9) 544082 INEXPLICABLE (2) (C&D) A Brittain 5 9-2 ... C Hardie 70
9 (1) L75351 HOOTS TOOTS (24) (C&D) M & D Easterby 3 9-1 ... Joanna Mason ★71
10 (10) L85 KODIACLAIM (79) I Furtado 3 8-8 ... J Haynes 44

VISOR: Nos. 1, 8 TONGUE STRAP: Nos. 8, 9 HOOD: No. 4.

SP FORECAST: 3 Harbour Vision, 7-2 Clipsham Gold, 5 Hoots Toots, 7 Cloch Nua, 8 My Mirage, Inexplicable, 10 Wheal Kitty, 16 Six O'clock Swill, 25 Others.

6.00 CAZOO MAIDEN STAKES (GBB RACE) £4,320 (5) 7f 14yds (13)

1 (3) 2 BAYRAAT (24) T Tate 6 9-10 ... B Garritty 72
2 (8) STORM FRONT S bin Suroor 4 9-10 ... D Costello –
3 (9) 32 CASTLEBERG ROCK (105) R Craggs 3 9-7 ... T Eaves 78
4 (6) 63233 ● DOUX ESPRIT (82) (F) R Varian 3 9-7 ... J Mitchell ★86
5 (7) 9-3 EBTIHAAJ (159) (F) B Meehan 3 9-7 ... L Steward 78
6 (13) 8 GALTON (54) A Brittain 3 9-7 ... C Hardie 48
7 (10) 4 TELEMACHUS (29) J Fanshawe 3 9-7 ... B Sayette(3) 65
8 (12) WIZARDING H Main 3 9-7 ... J Bryan –
9 (2) L CAZCADE (57) A Carroll 3 9-2 ... K O'Neill 14
10 (5) 7- COMPLIANT (323) J Fanshawe 3 9-2 ... R Scott 74
11 (4) LORDSBRIDGE GIRL W Knight 3 9-2 ... S Donohoe –
12 (1) 5-23 PRINTEMPS (122) K R Burke 3 9-2 ... C Lee 82
13 (11) 57 RUMAILAH (19) M Wigham 3 9-2 ... Grace McEntee(3) 64

TONGUE STRAP: No. 7 HOOD: No. 7.

SP FORECAST: 9-4 Doux Esprit, 3 Printemps, 13-2 Ebtihaaj, 7 Castleberg Rock, 8 Storm Front, 12 Bayraat, 14 Compliant, Telemachus, 20 Others.

THE SCOUT

4.50 Vivency
5.25 Cloch Nua
6.00 Doux Esprit
6.30 Slate Cracker
7.00 The Tron
7.30 Street Life
8.00 Eddie The Beagle
8.30 Poster Child

6.30 HANDICAP 3YO £3,726 (6) 4f 214yds (14)

1 (3) 06L11L NEXT SECOND (19) (D) R Carr 9-9 ... Josephine Gordon 64
2 (13) 071233 SPARKED (10) (D) J Boyle 9-9 ... B Sayette(3) 66
3 (2) 57463L TIBERIO SMILE (25) N Tinkler 9-7 ... R Scott 65
4 (12) L28 SIX O' HEARTS (77) S Dixon 9-7 ... Jefferson Smith 64
5 (7) 451884 TILSWORTH ONY TA (19) (D) J R Jenkins 9-6 ... C Lee ★69
6 (10) 872658 JUNGLE BEE (59) T Easterby 9-6 ... C Hardie 68
7 (11) 863265 PRIMO (26) (D) R Fell 9-5 ... J Peate(5) 64
8 (8) 7-24621 THE GREY LASS (25) (D,F) M & D Easterby 9-5 ... S Gray 64
9 (5) 005L22 ● SLATE CRACKER (24) D Carroll 9-4 ... H Shaw 65
10 (1) 22754L MISS ANACO (5) (D) S Bowring 9-4 ... L Edmunds 63
11 (4) L87-45L MAYBE TONIGHT (46) A Carroll 9-4 ... S Osborne(3) 64
12 (14) 775449 HATTIE C (14) (D) R Harris 9-1 ... Gina Mangan(5) 63
13 (6) 5074-2L GOOD TO GO (175) J R Jenkins 9-0 ... J Bradnam(7) 56
14 (9) 78665 GO POPPY (35) A Carroll 9-0 ... K O'Neill 58

BLINKERS: No. 9 VISOR: No. 8 TONGUE STRAP: Nos. 8, 10 CHEEK PIECES: No. 6.

SP FORECAST: 4 The Grey Lass, 11-2 Slate Cracker, 13-2 Sparked, 15-2 Next Second, 8 Tilsworth Ony Ta, Primo, 10 Six O' Hearts, 14 Go Poppy, 16 Others.

7.00 CONNIE WHITE MEMORIAL HANDICAP £3,726 (6) 4f 214yds (14)

1 (13) L2L284 FOR PEAT'S SAKE (9) (D) M Appleby 4 9-10 ... L Edmunds 62
2 (11) 03120L BRANDY STATION (174) (C&D) L Williamson 7 9-9 ... Z Wheatley(5) 64
3 (14) 5L7L52 JACK RYAN (10) (C) J Ryan 5 9-8 ... B Sayette(3) 62
4 (9) 245510 BLACKCURRENT (99) (C&D) A Brown 6 9-8 ... Paula Muir(3) 58
5 (1) 082343 ● THE TRON (19) (C&D) D Shaw 4 9-7 ... C Hardie ★65
6 (6) 245382 KOROPICK (29) C Teague 8 9-3 ... T Eaves 63
7 (7) 2L7955 LOUIS TREIZE (31) (C&D) H Evans 6 9-2 ... D Costello 58
8 (4) 275367 MR PC (16) (D) A Carroll 4 9-2 ... J Fisher(5) 62
9 (8) 665730 SWELL SONG (9) R Cowell 6 9-1 ... S Osborne(3) 59
10 (5) L44583 ENCHANTED NIGHT (9) C Dunnett 4 9-0 ... Collen Storey 61
11 (3) 869468- RED STRIPES (322) (C&D) L Williamson 10 9-0 ... Joanna Mason 56
12 (12) 0-7807L PACOPASH (29) R Menzies 4 9-0 ... Josephine Gordon 53
13 (2) L64707 MISS CONNAISSEUR (34) B Case 4 9-0 ... N Currie 62
14 (10) 0L-90LL SWOOPER (51) (D) C Dunnett 4 9-0 ... E J Walsh 50

BLINKERS: No. 3 VISOR: Nos. 1, 5, 9, 12 TONGUE STRAP: Nos. 6, 13 CHEEK PIECES: Nos. 2, 4, 10, 11, 14 HOOD: No. 7.

SP FORECAST: 4 Koropick, 5 For Peat's Sake, 11-2 The Tron, 6 Enchanted Night, 8 Louis Treize, 10 Blackcurrent, Jack Ryan, 12 Brandy Station, 16 Others.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2017-22):** Kieran O'Neill 9% Strike rate. **TOP TRACK TRAINER (2017-22):** M Appleby 12% Strike rate. **FIRST TIME:** 5.25 My Mirage (hood), 6.30 Miss Anaco (tongue strap), 7.00 Red Stripes (cheek pieces), Miss Connaisseur (tongue strap), 7.30 Marnie James (cheek pieces), 8.30 Siofra (hood), Colonial Love (cheek pieces). **BEATEN FAVOURITES:** 4.50 Back From Dubai(hcp). 5.25 Clipsham Gold(hcp). 6.00 Castleberg Rock. 7.30 Soul Seeker(hcp). 8.30 Blazer Two(hcp), Calcutta Dream(hcp). **DRAW:** No advantage. **LONGEST TRAVELLER: Bounty Pursuit** (4.50) 197 miles. **STABLE SWITCH:** 6.00 **Castleberg Rock** from Tom Clover to R Craggs, **Printemps** from H F Devin in France to K R Burke. 7.00 **Miss Connaisseur** from R Carr to B Case.

7.30 DURALOCK HANDICAP £5,508 (4) 4f 214yds (10)

1 (10) 364408 ASTRO JAKK (37) (C&D) Darryll Holland 6 9-11 ... N Currie 88
2 (3) L70122 SOUL SEEKER (20) (D) D O'Meara 5 9-9 ... D Nolan 89
3 (2) 008815 LIPSINK (26) (D) R Cowell 5 9-8 ... S Osborne(3) 89
4 (1) 135130 LILKIAN (39) (C&D) Darryll Holland 5 9-7 ... Liam Wright(7) ★91
5 (4) 223343 KHABIB (23) (D) R Craggs 4 9-6 ... T Eaves 86
6 (9) 331411 SO GRATEFUL (31) (C&D,F) M & D Easterby 4 9-4 ... Joanna Mason 89
7 (7) L90467 MARNIE JAMES (7) (D) S Dixon 7 9-3 ... D Swift 87
8 (8) 944361 MELODY KING (26) (D) J J Quinn 5 9-3 ... H Shaw 90
9 (5) 60-2364 EHRMANN (14) (C&D) Miss A Murphy 4 9-2 ... Dayverson De Barros 89
10 (6) 026D14 ● STREET LIFE (20) (C&D) P Morris 5 8-13 ... Morgan Cole(7) 89

BLINKERS: No. 1 VISOR: Nos. 2, 3 TONGUE STRAP: No. 9 CHEEK PIECES: Nos. 5, 7, 9, 10 HOOD: No. 8.

SP FORECAST: 9-4 So Grateful, 9-2 Melody King, 5 Soul Seeker, 8 Street Life, Khabib, Ehrmann, 14 Marnie James, Lipsink, 20 Others.

8.00 DURALOCK INTERNATIONAL HANDICAP £3,726 (6) 1m 6f 21yds (12)

1 (5) 384312 KITTEN'S DREAM (9) (C,D) S Dixon 5 10-0 ... D Swift ★68
2 (6) 421353 HENRY THE FIFTH (50) (D) A Carson 4 9-7 ... Molly Gunn(7) 66
3 (12) 670257 GO BEYOND (84) A Wintle 3 9-4 ... F Marsh 64
4 (7) 413336 AWAY WIT DA FAIRYS (14) (C) Alice Haynes 3 9-4 ... K O'Neill 65
5 (11) 93-78L2 CHICAGO GAL (22) A King 3 9-3 ... S Osborne(3) 64
6 (1) L8-L857 ARABIST (24) P Morris 6 9-2 ... C Planas(7) 63
7 (9) 086 MANYANA (59) J Portman 3 9-1 ... J Mitchell 64
8 (3) 53L441 ● EDDIE THE BEAGLE (28) (D) W Muir & C Grassick 3 9-1 ... L Edmunds 67
9 (10) 8OLL- GOLDEN SHOT (301) Sir M Prescott 3 9-0 ... T Hammer Hansen 53
10 (2) 7L8-43 FUNKY TOWN PINKIE (24) I Furtado 3 8-10 ... J Haynes 61
11 (4) 0OL2 NACHOS CHEESE (37) Joseph Parr 3 8-6 ... Josephine Gordon 57
12 (8) 086643 JUST PERCY (39) C Dunnett 3 8-4 ... Collen Storey 54

BLINKERS: No. 1 TONGUE STRAP: Nos. 2, 11 CHEEK PIECES: Nos. 2, 4, 6.

SP FORECAST: 11-4 Golden Shot, 9-2 Eddie The Beagle, 5 Kitten's Dream, 7 Chicago Gal, 8 Nachos Cheese, 10 Funky Town Pinkie, 12 Away Wit Da Fairys, 14 Henry The Fifth, 16 Others.

8.30 CAZOO HANDICAP £3,726 (6) 1m 4f 14yds (14)

1 (11) 21L657 CENTRAL CITY (45) (D) G Kelleway 7 9-9 ... Bradley Furniss(7) 65
2 (5) 363241 HAVEN LADY (20) (D,F) J J Quinn 4 9-8 ... D Costello 68
3 (3) 8/078-42 ● POSTER CHILD (114) K Frost 5 9-7 ... J Mitchell 70
4 (8) 4LL166 MORNING SYMPHONY (22) (D) J Snowden 4 9-7 ... L Steward 70
5 (13) 6LL-LLL SAMARA STAR (36) (D) S Dixon 4 9-7 ... Jefferson Smith 61
6 (4) 9960-42 SIOFRA (20) G Scott 4 9-6 ... B Sayette(3) 69
7 (1) 1/6L88-L BAD ATTITUDE (25) (D) C Dunnett 5 9-6 ... E J Walsh 9
8 (10) 227717 BLAZER TWO (42) (D) M Scudamore 4 9-5 ... T Eaves 70
9 (6) 0-L57L7 COLONIAL LOVE (101) (D) R Brisland 4 9-4 ... K O'Neill 63
10 (14) 50-17L3 CALCUTTA DREAM (17) M & D Easterby 4 9-3 ... S Gray 71
11 (7) 353153 CAFE SYDNEY (32) (D) A Carroll 6 9-3 ... C Lee 69
12 (2) 732221 VALLEY OF FLOWERS (6) J Coward 4 9-3(5ex) ... Joanna Mason 72
13 (12) 3-87158 TOYBOX (43) J Portman 6 9-2 ... Olivia Tubb(7) 71
14 (9) 164453 MISS SLIGO (33) (C&D) J Osborne 5 9-1 ... S Osborne(3) ★73

BLINKERS: No. 2 TONGUE STRAP: Nos. 4, 14 CHEEK PIECES: Nos. 1, 4, 9 HOOD: Nos. 6, 12.

SP FORECAST: 7-2 Valley Of Flowers, 4 Haven Lady, 5 Siofra, 6 Poster Child, 7 Calcutta Dream, 12 Miss Sligo, Blazer Two, 16 Cafe Sydney, 20 Others.

YESTERDAY'S RESULTS AND PRICES FROM FIVE UK CARDS

GOODWOOD: Good to soft-good in places

1.50—GALACTIC JACK (D Probert, 2-1 2nd fav) 1; Midnight Lion (7-4 fav) 2; Rathgar (9-1) 3. 9 ran. 1l, 1l. (A Balding). Tote: £3.00; pl £1.20, £1.20, £2.30. exacta: £6.30. trifecta: £33.20. CSF: £6.01.

2.25—VAFORTINO (D Muscutt, 15-2) 1; Substantial (9-2 jt 2nd fav) 2; Stately Home (12-1) 3. H'cap 12 ran. hd, nk. (K P De Foy; 4-1 fav Alazwar). Tote: £8.50; pl £3.00, £2.10, £3.70. exacta: £46.80. tricast: £412.10. trifecta: £681.50. CSF: £41.86.

3.00—ALCAZAN (T Marquand, 6-1) 1; Twilight Heir (25-1) 2; Antiphon (11-2 2nd fav) 3. H'cap 14 ran. 1¼l, hd. (R Teal; 4-1 fav Treacherous). Tote: £7.00; pl £8.00, £2.30, £2.50. exacta: £189.10. tricast: £909.90. trifecta: £1406.20. CSF: £157.86.

3.35—ROYAL FLEET (W Buick, 8-11 fav) 1; Rousay (10-1) 2; Cadillac (5-2 2nd fav) 3. 4 ran. 1l, shd. (C Appleby). Tote: £1.73; exacta: £6.60. trifecta: £12.70. CSF: £8.19. Non-runner: Sinjaari.

4.10—STRAWBERRI (A Atzeni, 11-4 2nd fav) 1; Viola (11-2) 2; Wickywickywheels (11-2) 3. H'cap 6 ran. 1¼l, nk. (R Varian; 7-4 fav Secret Shadow). Tote: £3.75; pl £2.00, £2.50. exacta: £17.40. trifecta: £65.10. CSF: £17.28.

4.45—GOOD BIRTHDAY (H Davies, 11-4 fav) 1; Carp Kid (5-1 2nd fav) 2; Lawn Ranger (7-1) 3. H'cap 11 ran. shd, 2½l. (A Balding). Tote: £3.75; pl £1.60, £2.00, £2.40. exacta: £19.70. tricast: £88.22. trifecta: £126.10. CSF: £15.90. Non-runner: General Lee.

5.20—MR BEAUFORT (J Mitchell, 10-1) 1; Dream Composer (7-1) 2; Glamorous Breeze (4-1 fav) 3. H'cap 12 ran. 1l, ½l. (Tom Clover). Tote: £11.50; pl £2.20, £3.70, £1.50. exacta: £99.70. tricast: £332.39. trifecta: £380.70. CSF: £78.82.

Jackpot: £10,000.00, with £1,962.15 carried over.
Placepot: £52.00
Quadpot: £14.20

PERTH: Good

1.00—HAPPY D'EX (S Bowen, 1-7 fav) 1; Lady Stanwix (11-2 2nd fav) 2; Solway Molly (28-1) 3. 4 ran. 2¼l, 33l. (G Elliott (IRE)). Tote: £1.15; exacta: £1.10. trifecta: £1.40. CSF: £1.46.

1.35—TICO TIMES (D McMenamin, 9-4 fav) 1; Check My Pulse (3-1) 2; Sword Of Fate (3-1) 3. H'cap 4 ran. 3¼l, 1¼l. (D Sayer). Tote: £3.25; exacta: £8.60. trifecta: £20.40. CSF: £8.85. Non-runner: City Derby.

2.10—CATCHMEIFYOUCAN (Sean Quinlan, 14-1) 1; Jack Devine (12-1) 2; Poppa Poutine (2-1 fav) 3. H'cap 7 ran. 3¾l, nk. (J Candlish). Tote: £17.50; pl £6.20, £5.40. exacta: £158.80. trifecta: £458.20. CSF: £150.89.

2.45—CHARLIE UBERALLES (C O'Farrell, 3-1 2nd fav) 1; Lord Napier (9-2) 2; Ballyandy (13-2) 3. H'cap 7 ran. 2¼l, nk. (D Sayer; 9-4 fav Quantum Realm). Tote: £4.00; pl £2.00, £2.70. exacta: £16.50. tricast: £79.82. trifecta: £79.20. CSF: £16.93. Non-runner: Golden Taipan.

3.20—CURIOUS TIMES (J Bowen, 17-2) 1; Idilico (11-8 fav) 2; Battle Of Toro (13-2) 3. H'cap 6 ran. 2¾l, 2¾l. (S Crawford (IRE)). Tote: £10.10; pl £3.70, £1.30. exacta: £26.50. trifecta: £118.50. CSF: £21.66.

3.55—SHANBALLY ROSE (D Johnston, 17-2) 1; Izzy's Champion (3-1 fav) 2; Tommydan (13-2) 3. H'cap 7 ran. 1l, 7l. (R Dobbin). Tote: £9.50; pl £4.00, £1.70. exacta: £36.10. tricast: £178.36. trifecta: £238.10. CSF: £35.07. Non-runner: Going Mobile.

4.30—CALLIOPE (B Hughes, 11-4 fav) 1; Lough Carra (7-2 2nd fav) 2; Hattaab (66-1) 3. H'cap 11 ran. 7½l, nk. (D Sayer). Tote: £3.75; pl £1.50, £1.40, £13.90. exacta: £13.80. tricast: £522.47. trifecta: £716.00. CSF: £13.72. Non-runner: Near Kettering.

Placepot: £1,320.10
Quadpot: £413.50

REDCAR: Good to firm-good in places

1.43—TALAMANCA (J Hart, 7-2 2nd fav) 1; Three Beauz (25-1) 2; Machito (6-1) 3. H'cap 11 ran. 1l, ¾l. (R Spencer; 2-1 fav Orbital Chime). Tote: £4.70; pl £1.70, £6.50, £2.10. exacta: £133.20. tricast: £531.13. trifecta: £730.10. CSF: £94.26. Non-runners: Just Janet, Violeta.

2.18—LINCOLN ROCKSTAR (J Hart, 10-1) 1; Solitary Trees (6-4 fav) 2; Edwina Sheeran (14-1) 3. H'cap 10 ran. 1l, 1¼l. (C & M Johnston). Tote: £11.00; pl £2.50, £1.20, £3.50. exacta: £24.50. tricast: £225.73. trifecta: £295.00. CSF: £25.59.

2.53—IN THESE SHOES (J Hart, 8-15 fav) 1; Good Gracious (9-4 2nd fav) 2; Coverdale (9-2) 3. 8 ran. 3¾l, 1l. (C & M Johnston). Tote: £1.54; pl £1.02, £1.10, £1.60. exacta: £2.30. trifecta: £3.50. CSF: £2.30. Non-runners: Golden Firefly, The Follower.

3.28—KAIF (H Turner, 11-4 2nd fav) 1; Abruzzo Mia (7-2) 2; Momaer (13-2) 3. 8 ran. 1½l, nk. (D M Simcock; 13-8 fav Gracelands Girl). Tote: £3.75; pl £1.30, £1.50, £1.50. exacta: £14.60. trifecta: £63.80. CSF: £12.66. Non-runners: Endofastorm, Glory And Gold.

4.03—AMERICAN FLAG (H Crouch, 3-1 2nd fav) 1; Knightswood (9-4 fav) 2; Strawman (9-2) 3. H'cap 8 ran. 1l, nk. (E Walker). Tote: £4.00; pl £1.20, £1.50, £2.00. exacta: £12.10. tricast: £29.45. trifecta: £44.10. CSF: £10.49.

4.37—LOTUS ROSE (S James, 8-1) 1; So Smart (9-4 fav) 2; Sugar Baby (4-1 2nd fav) 3; Dream Deal (8-1) 4. H'cap 16 ran. 1¾l, hd, 1¾l. (R Fell). Tote: £9.20; pl £2.20, £1.20, £1.40, £2.20. exacta: £38.40. tricast: £92.88. trifecta: £192.80. CSF: £26.00.

5.08—KILCONQUHAR (R Scott, 11-1) 1; Key Look (11-2) 2; Kingofhell (7-2 2nd fav) 3. H'cap 12 ran. ½l, ¾l. (Ewan Whillans; 5-2 fav Magical Effect). Tote: £12.20; pl £2.90, £1.70, £1.70. exacta: £58.10. tricast: £265.07. trifecta: £184.30. CSF: £68.53.

5.38—ALBESEEINGYER (C Lee, 4-1 2nd fav) 1; Miss Candy (11-4 fav) 2; Tacitus (28-1) 3. H'cap 12 ran. ½l, shd. (Steph Hollinshead). Tote: £5.30; pl £2.20, £1.40, £6.80. exacta: £15.50. tricast: £279.34. trifecta: £448.70. CSF: £15.41.

Placepot: £12.50
Quadpot: £2.50

KEMPTON: Standard to slow

4.40—REVENITE (R Dawson, 4-9 fav) 1; Big R (7-1 jt 2nd fav) 2; Clipsham La Habana (7-1 jt 2nd fav) 3. 11 ran. 2¾l, ½l. (R Varian). Tote: £1.45; pl £1.10, £1.90, £2.00. exacta: £4.90. trifecta: £18.80. CSF: £4.15.

5.15—SKALLYWAG BAY (P Dobbs, 8-1) 1; El Oro (7-4 fav) 2; The Thames Boatman (4-1) 3. 10 ran. 1¼l, hd. (R Hannon). Tote: £9.00; pl £2.20, £1.10, £1.50. exacta: £27.60. trifecta: £101.40. CSF: £21.82. Non-runner: Fierce.

5.45—LORD UHTRED (David Egan, 9-4 2nd fav) 1; Zu Run (2-1 fav) 2; Banddar (7-2) 3. 11 ran. 1¾l, 2l. (C Hills). Tote: £3.25; pl £1.30, £1.30, £1.70. exacta: £7.40. trifecta: £23.10. CSF: £7.25. Non-runners: Cherryhawk, Ghibelline.

6.15—LAUREL (B Sayette, 1-2 fav) 1; Pure Dignity (2-1 2nd fav) 2; One Morning (12-1) 3. 9 ran. 2l, 1½l. (J & T Gosden). Tote: £1.50; pl £1.10, £1.10, £1.90. exacta: £2.00. trifecta: £5.30. CSF: £1.87. Non-runner: Follow That Star.

6.45—FLAME OF FREEDOM (C Bishop, 16-5 fav) 1; Golden Spice (11-2) 2; Dancing To Win (16-1) 3. H'cap 11 ran. nk, nk. (E J-Houghton). Tote: £4.20; pl £1.50, £2.10, £3.70. exacta: £23.00. tricast: £251.70. trifecta: £364.70. CSF: £21.13.

7.15—NATCHEZ TRACE (H Shaw, 12-1) 1; Silverscape (9-2 2nd fav) 2; Miramichi (11-2) 3. H'cap 13 ran. ½l, shd. (D Carroll; 9-4 fav Sooghan). Tote: £13.00; pl £1.80, £3.30, £1.90. exacta: £75.80. tricast: £341.87. trifecta: £801.70. CSF: £65.59.

7.45—LARGO BAY (G Rooke, 10-1) 1; Albion Princess (9-4 fav) 2; Franco Grasso (16-1) 3. H'cap 14 ran. nk, shd. (M Madgwick). Tote: £11.00; pl £2.70, £1.60, £4.80. exacta: £44.90. tricast: £378.94. trifecta: £650.80. CSF: £31.88.

8.15—BRAZEN IDOL (P Cosgrave, 5-6 fav) 1; Dazzerling (10-1) 2; Magicinthemaking (16-1) 3. H'cap 11 ran. 2¼l, 2¼l. (S Pearce). Tote: £1.84; pl £1.10, £3.00, £4.30. exacta: £10.60. tricast: £87.75. trifecta: £91.40. CSF: £10.21. Non-runner: Manettino.

Placepot: £14.90
Quadpot: £7.00

SOUTHWELL: Standard

6.00—BROXI (N Currie, 5-1) 1; Afta Party (14-1) 2; Bold Territories (4-1 2nd fav) 3. H'cap 11 ran. ¾l, 3¾l. (D Ivory; 9-4 fav Ebury). Tote: £6.00; pl £4.60, £1.40, £1.60. exacta: £78.20. tricast: £259.58. trifecta: £347.70. CSF: £67.71. Non-runners: Catch My Breath, Coligone Kate.

6.30—SHE'S CENTIMENTAL (K O'Neill, 6-5 fav) 1; Gumais (4-1) 2; One Of Our Own (16-5 2nd fav) 3. 13 ran. 1½l, 1¾l. (Alice Haynes). Tote: £2.20; pl £1.10, £1.60, £1.50. exacta: £7.10. trifecta: £15.20. CSF: £6.02.

7.00—JUST JANET (D Nolan, 7-1) 1; Miss Gallagher (11-4 fav) 2; Corinthian Kid (12-1) 3. H'cap 9 ran. nk, shd. (D O'Meara). Tote: £8.00; pl £2.10, £1.40, £3.20. exacta: £35.10. tricast: £230.19. trifecta: £234.30. CSF: £26.46. Non-runner: Expeditious.

7.30—TELL'EM NOWT (L Morris, 40-1) 1; Starter For Ten (13-2) 2; Soi Dao (7-1) 3. H'cap 11 ran. nk, 1¼l. (P McEntee; 4-1 fav Ustath). Tote: £46.00; pl £7.00, £2.20, £2.40. exacta: £220.40. tricast: £2104.80. trifecta: £2435.10. CSF: £276.13.

8.00—RIVERSWAY (B McHugh, 5-1) 1; Sampers Seven (4-1 2nd fav) 2; Four Adaay (13-2) 3. H'cap 9 ran. 1l, 2l. (J Camacho; 3-1 fav Instinction). Tote: £6.00; pl £2.00, £1.70, £2.30. exacta: £30.60. tricast: £132.31. trifecta: £176.00. CSF: £24.87. Non-runner: Kape Moss.

8.30—GLEN COVE (C Shepherd, 5-1) 1; Smokey Malone (6-1) 2; Graph (12-1) 3. H'cap 8 ran. 1½l, 3¼l. (D M Simcock; 11-8 fav Arcadian Friend). Tote: £6.00; pl £1.40, £1.80, £3.30. exacta: £33.70. tricast: £343.77. trifecta: £257.20. CSF: £35.70.

Placepot: £250.90
Quadpot: £81.60

PONTEFRACT RTV

THE SCOUT
1.43 Canaria Prince 4.03 Lord Riddiford
2.18 Kitai 4.38 Swift Lioness
2.53 Eagle's Way 5.10 Corinthia Knight
3.28 Lerwick

1.43 APPRENTICE HANDICAP £3,456 (Class 6) 5f 3yds (11 dec)
1 (7) 217 HIGH SECURITY (23) (D) N Tinkler 4 9 13 A Jary(7)
2 (2) 135 BLISSFUL SONG (16) (D) M Appleby 4 9 12 F Larson(3)
3 (11) 46L VAN GERWEN (16) (C&D) P Midgley 9 9 12 A Fielding(7)
4 (3) 706 DAZZLING DAN (16) Olly Williams 6 9 11 A Brookes(3)
5 (10) 290 SIXCOR (7) (D,T) Miss L Perratt 4 9 9...... H Russell
6 (8) 436 BLAZING HOT (17) (D) D Brown 5 9 8.... O Stammers
7 (1) 118 ● CANARIA PRINCE (23) (D) T Easterby 4 9 7 S B Kirrane
8 (9) 224 SPEAR FIR (20) Simon Whitaker 3 9 7 Mark Winn(5)
9 (6) 3L4 IMPERIAL KHAN (25) P Midgley 3 9 4 Ryan Sexton(3)
10 (5) 265 ARNOLD (24) (D) Mrs A Duffield 8 9 0 O McSweeney(3)
11 (4) 248 SHARRABANG (28) (D) Mrs Stella Barclay 6 8 8 F McManoman
BLINKERS: Nos. 6, 7 CHEEK PIECES: Nos. 2, 4, 5.
W-Factor: Van Gerwen (74); Blazing Hot (73); Sixcor (72).
SP FORECAST: 9-2 Blissful Song, 11-2 High Security, 6 Blazing Hot, 13-2 Canaria Prince, 7 Imperial Khan, Spear Fir, 8 Sixcor, 10 Arnold, 12 Others.

2.18 MAIDEN STAKES (GBB RACE) 2YO £3,780 (5) 6f (9)
1 (9) 7 AL KHAWANEEJ SPIRT (27) Alice Haynes 9 7..... K Stott
2 (1) BANQUO K R Burke 9 7.......... J Hart
3 (4) BAY OF HOPE M & D Easterby 9 7............ C Beasley
4 (2) 87 CAPITAL OFFENCE (21) E Bethell 9 7 .... S James
5 (6) 4 GOLDEN PASSPORT (56) (F) E Walker 9 7....P J McDonald
6 (5) MOON FRIEND T Easterby 9 7 .... D Fentiman
7 (7) 8L SMOOTH RED (4) G Tuer 9 7............ O Stammers(3)
8 (3) 22 ● KITAI (20) C & M Johnston 9 2 .... R Kingscote
9 (8) 04 PENNY GHENT (62) Simon Whitaker 9 2... P Dennis
W-Factor: Kitai (91); Penny Ghent (77); Golden Passport (76).
SP FORECAST: Evens Kitai, 3 Golden Passport, 13-2 Banquo, 12 Al Khawaneej Spirt, 14 Penny Ghent, 20 Moon Friend, Bay Of Hope, 25 Smooth Red, Capital Offence.

2.53 HANDICAP £8,100 (3) 1m 2f 5yds (7)
1 (3) 437- THE TRADER (J9) S England 6 10 0......... J England
2 (7) 3-26 SATONO JAPAN (72) Sir M Stoute 5 9 11 R Kingscote
3 (6) 111 ● EAGLE'S WAY (56) (D,F) Sir M Prescott 3 9 7 L Morris
4 (1) 568 CROESO CYMRAEG (21) (D) H Evans 8 9 6 F Larson(5)
5 (2) 175 HIGHWAYGREY (18) (C&D) T Easterby 6 9 2 S B Kirrane(3)
6 (4) 123 CROACHILL (34) (D) R Varian 3 9 2 ....C Noble
7 (5) 661 OUTSIDE WORLD (16) (D) C & M Johnston 3 8 12 J Hart
W-Factor: Croeso Cymraeg (96); Satono Japan (95); Eagle's Way (92).
SP FORECAST: 11-10 Eagle's Way, 4 Croachill, 6 Outside World, 7 Satono Japan, 10 Croeso Cymraeg, 12 Highwaygrey, 20 The Trader.

3.28 NOVICE STAKES (GBB RACE) 2YO £3,725 (5) 1m 6yds (9)
1 (9) 1 WAN'EM (64) K R Burke 9 9......................... S James
2 (5) BAROQUE PRINCE M Dods 9 4 .... C Beasley
3 (7) 44 EDGE OF DARKNESS (16) C & M Johnston 9 4 R Kingscote
4 (2) 2 ● LERWICK (40) E Bethell 9 4...................... K Stott
5 (4) MASS CONSUMPTION J O'Keeffe 9 4 P J McDonald
6 (8) L9 OSKAR (10) N Tinkler 9 4............. F McManoman(3)
7 (6) DRAGONBALL PRINCE H Palmer 9 2.......... A Mullen
8 (3) L7 HAPPY DANCER (27) T Easterby 9 2 D Fentiman
9 (1) DORA MILAJE D O'Meara 8 11 .... J Hart
VISOR: No. 6 CHEEK PIECES: No. 8.
W-Factor: Edge Of Darkness (85); Wan'em (77); Lerwick (71).
SP FORECAST: 13-8 Wan'em, 3 Lerwick, 7-2 Edge Of Darkness, 8 Dragonball Prince, 16 Dora Milaje, Mass Consumption, Baroque Prince, 33 Happy Dancer, 50 Oskar.

TRACK FACTS: GOING: Good. Left Handed. **TOP TRACK JOCKEY (2017-22):** Graham Lee 12% Strike rate. **TOP TRACK TRAINER (2017-22):** C & M Johnston 16% Strike rate. **FIRST TIME:** 3.28 Oskar (visor), Happy Dancer (cheek pieces), 5.10 Cottam Lane (tongue strap). **BEATEN FAVOURITES:** 1.43 Arnold(hcp), Blissful Song(hcp), Canaria Prince(hcp), Spear Fir(hcp). 2.18 Kitai. 5.10 Golden Apollo(hcp), Haymaker(hcp), Ibiza Rocks(hcp), Pockley(hcp). **DRAW:** Low numbers best in sprints. **LONGEST TRAVELLER: Sixcor** (1.43) & **Pockley** (5.10) 218 miles. **STABLE SWITCH:** 1.43 **Blazing Hot** from R Menzies to D Brown, **Imperial Khan** from D O'Meara to P Midgley. 2.53 **The Trader** from C & M Johnston to S England. 5.10 **Ibiza Rocks** from C Hills to E Bethell, **Speedacus** from K Cotter in Ireland to D O'Meara.

4.03 HANDICAP £6,480 (3) 5f 3yds (9)
1 (5) 74L READY FREDDIE GO (19) (D) O Pears 4 10 0..... H Russell(3)
2 (3) 610 ● LORD RIDDIFORD (11) (D) J J Quinn 7 9 12 ..... J Hart
3 (6) 878 JAWWAAL (27) (D) M Dods 7 9 6 .... Paige Hopper(7)
4 (9) L85 VENTURA EXPRESS (20) (C&D) P Midgley 5 9 4..... G Lee
5 (7) 021 RUNNINWILD (27) (D,F) Mrs A Duffield 4 9 3... P Hanagan
6 (1) 399 RAYONG (28) (C&D) K R Burke 5 9 2......... S James
7 (2) 189 GINGER JAM (7) (D) N Tinkler 7 8 13..... Sophie Clements(7)
8 (4) 096 SHOWALONG (54) (D) T Easterby 4 8 10 JP Sullivan
9 (8) 4-50 MYTILDA (18) (D) Craig Lidster 3 8 8 .... P Mathers
TONGUE STRAP: No. 9 CHEEK PIECES: Nos. 1, 7, 8 HOOD: No. 9.
W-Factor: Showalong (97); Lord Riddiford (95); Ready Freddie Go (94).
SP FORECAST: 9-4 Runninwild, 7-2 Lord Riddiford, 5 Ventura Express, Rayong, 10 Ready Freddie Go, 12 Showalong, Mytilda, 20 Jawwaal, 25 Ginger Jam.

4.38 EBF FILLIES' NURSERY 2YO £5,616 (4) 1m 6yds (4)
1 (1) 225 HONEYMOONER (21) W Muir & C Grassick 9 9 P J McDonald
2 (4) 143 ● SWIFT LIONESS (20) C & M Johnston 9 9..... J Hart
3 (3) 334 ENOLA GREY (16) J Portman 9 5................... K Stott
4 (2) 555 ZAAKARA (15) Sir M Stoute 8 10 .... L Morris
W-Factor: Zaakara (83); Enola Grey (82); Honeymooner (81).
SP FORECAST: 6-4 Swift Lioness, 2 Enola Grey, 9-2 Zaakara, 5 Honeymooner.

5.10 CAYGILL FAMILY HANDICAP £5,616 (4) 6f (12)
1 (4) 415 HAYMAKER (27) (D) H Morrison 3 9 12 .... J Hart
2 (5) 0-5L IBIZA ROCKS (132) E Bethell 4 9 11... P J McDonald
3 (8) 471 SPEEDACUS (75) D O'Meara 3 9 9..... Mark Winn(7)
4 (2) 211 IT JUST TAKES TIME (9) (D) M Walford 4 9 8(5ex) J Garritty
5 (7) 211 ● CORINTHIA KNIGHT (50) (C&D,F) A Watson 7 9 7 L Morris
6 (1) 248 CHURCHILL BAY (11) C Cox 4 9 3.................. K Stott
7 (3) 923 EY UP ITS THE BOSS (41) T Coyle 3 9 0 .... B McHugh
8 (10) 258 COTTAM LANE (14) (C&D) N Tinkler 4 9 0 F McManoman(3)
9 (12) 585 GOLDEN APOLLO (19) (C&D,F) T Easterby 8 8 11 JP Sullivan
10 (11) 657 POCKLEY (14) (D,T) Miss L Perratt 4 8 8.. A Mullen
11 (6) 300 DARK SHOT (15) (D) S Dixon 9 8 8...... K Schofield(5)
12 (9) L80 BOSSIPOP (14) (C&D) T Easterby 9 8 7... D Fentiman
BLINKERS: Nos. 11, 12 TONGUE STRAP: Nos. 6, 8, 9 CHEEK PIECES: Nos. 3, 5, 7, 9.
W-Factor: Cottam Lane (94); Dark Shot (93); Bossipop (92).
SP FORECAST: 3 Corinthia Knight, 7-2 It Just Takes Time, 11-2 Speedacus, Haymaker, 10 Ibiza Rocks, Ey Up Its The Boss, 12 Pockley, 16 Churchill Bay, 20 Others.

NEWMARKET RTV

THE SCOUT
1.15 Garden Route 3.35 Thunderous
1.50 Bold Act 4.10 Soul Stopper
2.25 Azure Blue 4.45 YANTARNI (nb)
3.00 Nostrum 5.20 Postwick

1.15 EBF MAIDEN STAKES 2YO £5,400 (Class 4) 1m (9 decl)
1 (1) A DUBLIN LAD J & T Gosden 9 2 .... R Havlin
2 (9) 9 EXPRESSIONLESS (26) Dylan Cunha 9 2.... H Doyle
3 (5) 05 FULLY DEPLOYED (20) H Spiller 9 2........... N Callan
4 (2) ● GARDEN ROUTE W Haggas 9 2............. R L Moore
5 (6) LIKE A TIGER J Ferguson 9 2.................... D Muscutt
6 (8) L NEVER LEFT (7) G Boughey 9 2........... M Crehan(3)
7 (3) 7 SOVEREIGN SPIRIT (20) A Balding 9 2 .... R Hornby
8 (4) 8 TENERIFE SUNSHINE (25) C & M Johnston 9 2.... A Atzeni
9 (7) 3 THE RENEGADE (20) H Palmer 9 2............. C Fallon
TONGUE STRAP: No. 3 HOOD: No. 7.
W-F: Expressionless (81); Tenerife Sunshine (78); The Renegade (78).
SP FORECAST: 9-4 Garden Route, 5-2 A Dublin Lad, 11-2 The Renegade, 6 Expressionless, 10 Tenerife Sunshine, 12 Others.

1.50 NURSERY 2YO £10,800 (2) 1m (5)
1 (2) 118 ONE NATION (35) C Appleby 9 9................. A Kirby
2 (4) 211 ● BOLD ACT (20) (D,F) C Appleby 9 8...... W Buick
3 (3) 621 HOPE YOU CAN RUN (40) (D,F) C & M Johnston 9 1.... R L Moore
4 (5) 14 BAJAN BANDIT (61) R Hannon 8 11 .... C Fallon
5 (1) 344 THERE'S THE DOOR (15) P Evans 8 9 .... H Doyle
CHEEK PIECES: No. 1.
W-Factor: Bold Act (96); There's The Door (95); One Nation (94).
SP FORECAST: 11-8 Bold Act, 3 Hope You Can Run, 7-2 One Nation, 7 Bajan Bandit, 10 There's The Door.

TRACK FACTS: GOING: Good. Right Handed. **TOP TRACK JOCKEY (2017-22):** William Buick 26% Strike rate. **TOP TRACK TRAINER (2017-22):** C Appleby 30% Strike rate. **FIRST TIME:** 1.15 Sovereign Spirit (hood), 4.45 Zameka (hood), 5.20 Rechercher (blinkers). **BEATEN FAVOURITES:** 1.50 One Nation. 3.00 Holloway Boy. 4.45 Ashky(hcp). 5.20 Rechercher(hcp). **DRAW:** Inconsistent. **LONGEST TRAVELLER: Crazy Luck** (2.25) 219 miles. **STABLE SWITCH:** No Qualifiers.

2.25 EBF PREMIER FILLIES' HANDICAP £25,770 (2) 6f (8)
1 (5) 780 BELLOSA (11) (C) J Chapple-Hyam 4 9 12.... A Kirby
2 (2) 1-10 FARHH TO SHY (99) (C,D) G Margarson 4 9 11 T P Queally
3 (6) 453 CUBAN BREEZE (21) (D) P Evans 4 9 5....... H Doyle
4 (7) 021 TARHIB (9) (D,F) W Haggas 4 9 4(5ex)... J Crowley
5 (4) 414 ● AZURE BLUE (18) (D,F,T) M Dods 3 9 3 P Mulrennan
6 (3) 473 LOVES ME LIKEAROCK (28) (D) C Hills 3 9 1 W Buick
7 (1) 964 CRAZY LUCK (21) (D,T) B Millman 4 9 0... J F Egan
8 (8) 320 KAPE MOSS (7) (D) D Loughnane 3 8 8.... David Egan
BLINKERS: No. 1 VISOR: No. 3 TONGUE STRAP: No. 1.
W-Factor: Cuban Breeze (102); Crazy Luck (101); Farhh To Shy (100).
SP FORECAST: 2 Tarhib, 7-2 Azure Blue, 6 Farhh To Shy, 7 Cuban Breeze, Loves Me Likearock, 10 Crazy Luck, 14 Bellosa, 16 Kape Moss.

3.00 TATTERSALLS STAKES (G 3) 2YO £34,026 (1) 7f (4)
1 (4) 9 ABRAVAGGIO (9) G Margarson 9 2 .... J F Egan
2 (3) 12 HOLLOWAY BOY (58) (D,F) K R Burke 9 2 D Tudhope
3 (2) 1 ● NOSTRUM (63) (D,F) Sir M Stoute 9 2 R L Moore
4 (1) 121 VICTORY DANCE (40) (D) C Appleby 9 2... W Buick
W-Factor: Holloway Boy (113); Victory Dance (112); Nostrum (102).
SP FORECAST: 13-8 Nostrum, 7-4 Victory Dance, 2 Holloway Boy, 150 Abravaggio.

3.35 JOCKEY CLUB ROSE BOWL STAKES £29,489 (1) 2m (5)
1 (2) 841 ISLAND BRAVE (19) (D) H Main 8 9 5 ...... R Dawson
2 (5) 0LL NATE THE GREAT (34) (C,D) A Balding 6 9 5... W Buick
3 (3) 42L- RANCH HAND (467) (C&D,F) A Balding 6 9 5.... W Carver
4 (4) 158 SKYCUTTER (124)(T) P Kirby 4 9 5.............. H Doyle
5 (1) L65 ● THUNDEROUS (36) (F) C & M Johnston 5 9 5 R L Moore
BLINKERS: No. 5.
W-Factor: Thunderous (116); Nate The Great (115); Island Brave (107).
SP FORECAST: 10-11 Thunderous, 4 Nate The Great, 9-2 Island Brave, 6 Ranch Hand, 16 Skycutter.

4.10 HANDICAP £13,500 (2) 1m 4f (7)
1 (2) 52L DHAHABI (14) C Appleby 4 10 3.................... W Buick
2 (6) L32 GLOBAL HEAT (68) (D) S bin Suroor 6 10 2 .... D Tudhope
3 (4) 3-05 AMTIYAZ (19) (D) J & T Gosden 5 9 11.......... H Doyle
4 (7) 92L- BRUNNERA (329) H Palmer 4 9 11 .... R L Moore
5 (1) 110 ● SOUL STOPPER (33) (D) A Balding 3 9 2.... David Egan
6 (3) 224 MAYTREE RESPITE (25) W Muir & C Grassick 3 8 10 R Havlin
7 (5) 216 OPEN CHAMPION (19) (D) R Varian 3 8 9. A Atzeni
BLINKERS: No. 2 TONGUE STRAP: No. 2 HOOD: No. 4.
W-Factor: Global Heat (102); Dhahabi (101); Maytree Respite (100).
SP FORECAST: 11-4 Open Champion, 7-2 Dhahabi, 4 Global Heat, 5 Soul Stopper, 8 Amtiyaz, 10 Brunnera, Maytree Respite.

4.45 HANDICAP £7,776 (4) 1m (10)
1 (9) 9-43 SUNRISE VALLEY (107) (C,D) Sir M Stoute 4 9 12.... R L Moore
2 (5) 0L8 HUMANITARIAN (47) (D) S C Williams 6 9 12 .... D Muscutt
3 (10) 32-1 ● YANTARNI (27) (D) C Appleby 3 9 10 .... W Buick
4 (4) 11L SLY MADAM (8) (D) Miss S West 4 9 9...... Doubtful
5 (8) 113 ASHKY (40) (D) H & R Charlton 3 9 7...... J Crowley
6 (2) 120 UZINCSO (19) (D) J Butler 6 9 7.................. N Callan
7 (6) 307 ZAMEKA (113) R Varian 3 9 4 .... David Egan
8 (1) 110 TIPPERARY MOON (49) I Furtado 5 9 2.. R Dawson
9 (7) L37 CHANGE OF FORTUNE (24) H Candy 3 9 1 D O'Neill
10 (3) 351 RED KITE (23) (D) C & M Johnston 3 9 0..... J P Spencer
TONGUE STRAP: No. 2 CHEEK PIECES: Nos. 4, 8 HOOD: Nos. 2, 7.
W-Factor: Sly Madam (90); Yantarni (89); Uzincso (88).
SP FORECAST: 6-4 Yantarni, 5 Red Kite, 6 Sunrise Valley, 7 Ashky, 10 Zameka, 12 Uzincso, 16 Tipperary Moon, 20 Change Of Fortune, 25 Humanitarian.

5.20 HANDICAP £0 (4) 1m 2f (5)
1 (3) 498 REPERTOIRE (41) D M Simcock 6 9 9... J P Spencer
2 (4) 113 CAPTAIN KANE (19) (D) G Scott 3 9 6... D Muscutt
3 (1) 291 ● POSTWICK (40) (D) Harry Eustace 3 9 2... P-L Jamin(3)
4 (5) 324 RECHERCHER (10) R Beckett 3 8 5............. J F Egan
5 (2) 354 SUPER CHIEF (27) J & T Gosden 3 8 4......... H Doyle
BLINKERS: No. 4.
W-Factor: Repertoire (94); Postwick (92); Super Chief (91).
SP FORECAST: 2 Postwick, 3 Captain Kane, 10-3 Super Chief, 4 Rechercher, 10 Repertoire.

CHELMSFORD RTV

THE SCOUT
5.45 Butterfly Effect 7.15 ALL GO
6.15 Under Curfew 7.45 Angels Roc
6.45 Essme 8.15 CITY VAULTS (nap)

5.45 FILLIES' RESTRICTED NOVICE STKS 2YO £4,104 (Class 5) 6f (10 dec)
1 (7) 414 EXPEDITIOUS (16) (C&D) Alice Haynes 9 9.... C Howarth(5)
2 (10) 212 ROCK GIRL (33) (D) G Boughey 9 9...... P Cosgrave
3 (6) 34 ● BUTTERFLY EFFECT (77) G Scott 9 2 ..... C Shepherd
4 (5) 233 GALAXY GAZER (15) J Tate 9 2.............. Rossa Ryan
5 (8) 75 PHOENIX GLOW (7) M Channon 9 2 .... C Bishop
6 (4) PROBABLE A Watson 9 2............................. H Crouch
7 (9) SPRING DAY A Balding 9 2 .... D Probert
8 (2) 34 ELONGATE (78) Alice Haynes 9 0............. G Bass(3)
9 (3) 57 LA PODEROSA (10) Dr J Scargill 9 0 .... G Wood
10 (1) 76 REGAL GLORY (10) Mrs L Mongan 9 0 .... C Bennett
TONGUE STRAP: No. 2 HOOD: No. 6.
W-Factor: Galaxy Gazer (81); Rock Girl (79); Butterfly Effect (78).
SP FORECAST: 3 Rock Girl, 4 Galaxy Gazer, 9-2 Expeditious, 11-2 Butterfly Effect, 13-2 Elongate, 10 Spring Day, Probable, 20 Phoenix Glow, 33 Others.

6.15 BETSI HANDICAP £4,266 (5) 6f (10)
1 (3) L30 PORFIN (15) (D) P McEntee 4 9 12 ..... Molly Presland(7)
2 (5) L43 ASTRAL BEAT (22) W Knight 3 9 12......... D Probert
3 (7) 212 MASTERCLASS (15) (D,F) D M Simcock 3 9 11 ... C Shepherd
4 (2) 317 RAINBOW MIRAGE (20) (D) R Hughes 5 9 10 G Rooke
5 (8) 821 MOSTALLIM (19) (D) M Appleby 5 9 9..... A Rawlinson
6 (6) 393 ● UNDER CURFEW (11) (D) A Carroll 6 9 8 Mollie Phillips(5)
7 (10) 313 HEALING POWER (44) (C) I Furtado 6 9 8 Elle-May Croot(7)
8 (9) 261 CABEZA DE LLAVE (32) M Attwater 3 9 7 S W Kelly
9 (1) 83L TOP EXHIBIT (15) (D) S C Williams 3 9 7 Rossa Ryan
10 (4) 925 EPIC EXPRESS (14) C Dwyer 4 9 4 .... G Bass(3)
TONGUE STRAP: No. 9 CHEEK PIECES: No. 5.
W-Factor: Under Curfew (79); Healing Power (78); Astral Beat (77).
SP FORECAST: 10-3 Mostallim, 9-2 Masterclass, 11-2 Healing Power, 6 Cabeza De Llave, 13-2 Astral Beat, Under Curfew, 8 Rainbow Mirage, 20 Epic Express, 25 Others.

6.45 RACING WELFARE HANDICAP £3,348 (6) 1m (9)
1 (8) L40 COUNTERATTACK (50) (F) G Boughey 3 9 9 P Cosgrave
2 (6) 526 ● ESSME (19) J Bridger 4 9 8 .... C Shepherd
3 (3) 48L HEY BAILS (28) A Carson 3 9 8 .... Jimmy Quinn
4 (1) 248 DARK KRIS (22) I Furtado 5 9 7 Elle-May Croot(7)
5 (2) 423 THREE DONS (57) A Carroll 3 9 5............. D Probert
6 (9) 5LL SWEET SUMMER (22) M Appleby 3 9 4 ...... A Rawlinson
7 (7) 0-00 SAXONHILL (78) P McEntee 5 9 4 .... T Heard(3)
8 (4) 42L SOMEDAYONEDAYNEVER (48) A Carroll 3 9 0 .... Rossa Ryan
9 (5) 36L ELEMENTOFSURPRISE (23) J Bridger 3 9 0 G Rooke
BLINKERS: No. 6 TONGUE STRAP: No. 4 CHEEK PIECES: No. 4.
W-Factor: Saxonhill (62); Dark Kris (60); Essme (59).
SP FORECAST: 11-4 Somedayonedaynever, 3 Three Dons, 4 Essme, 5 Counterattack, 6 Dark Kris, 20 Saxonhill, Hey Bails, 25 Elementofsurprise, Sweet Summer.

7.15 FILLIES' HANDICAP £4,266 (5) 1m (7)
1 (7) 6L7 NORDHALLA (82) (D,T) C & M Johnston 3 9 10 F Norton
2 (5) L1L GLORIOUS PEACHES (22) (D) S P C Woods 3 9 10 A Farragher(5)
3 (3) 245 DEEP SIGH (44) (D) D M Simcock 4 9 9..... C Shepherd
4 (6) 321 ● ALL GO (31) (F) A Balding 3 9 9 .... D Probert
5 (1) 2L7 FINERY (10) (C&D) M Appleby 5 9 7 Erika Parkinson(7)
6 (2) 535 DONNA ITALIANA (43) T Ward 3 9 2.... Rossa Ryan
7 (4) 140 SHIFTER (29) (C&D,F) S C Williams 3 8 12 Jason Watson
HOOD: No. 5.
W-Factor: Deep Sigh (75); Shifter (74); Nordhalla (73).
SP FORECAST: 5-4 All Go, 4 Shifter, 7 Nordhalla, Donna Italiana, 8 Deep Sigh, Glorious Peaches, 25 Finery.

7.45 HANDICAP £3,348 (6) 1m 2f (12)
1 (9) 664 ALICE KITTY (6) (D) Matt Crawley 4 10 0 ... A Keeley(5)
2 (1) 352 JANUS (7) (D) S Hodgson 7 9 12 .... A Farragher(5)
3 (3) 23L ENGRAVE (7) (C&D) J Feilden 6 9 12...... D E Hogan
4 (2) 735 JACKS PROFIT (54) (D,T) P Evans 3 9 11 P Cosgrave
5 (12) L32 HEATHERDOWN HERO (22) M Bell 3 9 8 C Shepherd
6 (11) 232 RICHARD P SMITH (32) E Dunlop 3 9 7.... Rossa Ryan
7 (6) 676 APACHE GREY (28) R Hughes 3 9 4............ G Rooke
8 (4) 511 ● ANGELS ROC (10) (D) J Boyle 5 9 3... C Bennett
9 (10) 09-0LAST ROAR (229) Mrs L Mongan 3 9 3...... C Bishop
10 (8) L-84 TWINING (131) J Boyle 3 8 8...................... D Probert
11 (7) 857 ALSAMYAH (19) B Johnson 3 8 7............. R Da Silva
12 (5) 588 RUMOURMONGER (7) M Appleby 3 8 7......... T Ladd
BLINKERS: No. 12 VISOR: Nos. 2, 4 TONGUE STRAP: Nos. 1, 11 CHEEK PIECES: Nos. 3, 10 HOOD: Nos. 11, 12.
W-Factor: Angels Roc (77); Janus (68); Apache Grey (67).
SP FORECAST: 11-4 Angels Roc, 4 Richard P Smith, 9-2 Heatherdown Hero, 5 Janus, 8 Jacks Profit, 10 Alice Kitty, 12 Engrave, 20 Apache Grey, Twining, 50 Others.

8.15 CCR HANDICAP £3,348 (6) 2m (9)
1 (7) 731 ● CITY VAULTS (9) (F,T) D O'Meara 3 10 0(6ex) Jason Watson
2 (2) 933 BIRD FOR LIFE (29) (D,F) M Usher 8 9 12 Isobel Francis(7)
3 (8) 21-0 PERCY'S PRINCE (29) (D) C Hobson 6 9 12 Rossa Ryan
4 (1) 465 LIBBRETTA (96) J Long 7 9 9................. S Hitchcott
5 (3) 7L6 EASTER ICON (23) M Channon 3 9 7....... G Bass(3)
6 (4) 221 CAPTAIN HOWSE (9) (F) Sir M Prescott 3 9 7(6ex) D Probert
7 (9) 6L8 ZEALOTALOT (28) H Main 3 9 6. Mollie Phillips(5)
8 (6) 122 COPPERPLATE (39) R Hughes 3 9 6........... G Rooke
9 (5) 5L5 COUL UNIVERSE (17) Peter Charalambous & James Clutterbuck 3 8 10 Jimmy Quinn
BLINKERS: Nos. 8, 9 VISOR: No. 6 TONGUE STRAP: No. 4 CHEEK PIECES: Nos. 2, 3.
W-Factor: Libbretta (60); Bird For Life (59); Percy's Prince (56).
SP FORECAST: 6-4 Captain Howse, 3 City Vaults, 4 Copperplate, 9-2 Bird For Life, 16 Libbretta, 20 Easter Icon, 33 Zealotalot, 66 Percy's Prince, Coul Universe.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2017-22):** Callum Shepherd 14% Strike rate. **TOP TRACK TRAINER (2017-22):** C & M Johnston 17% Strike rate. **FIRST TIME:** 5.45 Probable (hood), 6.45 Sweet Summer (blinkers), 7.45 Jacks Profit (visor), Rumourmonger (blinkers, hood), 8.15 Libbretta (tongue strap). **BEATEN FAVOURITES:** 5.45 Butterfly Effect, Expeditious, Rock Girl. 6.15 Healing Power(hcp). 7.45 Apache Grey(hcp), Heatherdown Hero(hcp). **DRAW:** Little effect. **LONGEST TRAVELLER: Nordhalla** (7.15) 230 miles. **STABLE SWITCH:** 6.45 **Hey Bails** from D Menuisier to A Carson, **Saxonhill** from J J Lambe in Ireland to P McEntee.

TAKING A DIVE: Wasps are intending to appoint an administrator

Worcester and Wasps on brink

FROM BACK PAGE

notice in the High Court of their intention to appoint an administrator.

The two-time European champions have been unable to meet a deadline to pay back £35million in bonds which helped to finance their relocation to Coventry in 2014.

RFU regulations state that a club going into administration is liable for automatic relegation, unless they can demonstrate that the financial crisis was not their fault.

Club rugby was on its knees even before the coronavirus shutdown. A £59m Government rescue package for the Premiership only delayed this day of reckoning.

The RFU finally lost patience with Worcester's owners and their promises yesterday.

The Union said: "Whilst we appreciate that this will be unwelcome news, it is clear that the current state of affairs cannot continue."

The Warriors scraped together just enough money to cover costs for last night's Premiership Cup tie at Gloucester – dragging two players out of retirement to fulfil the fixture.

But with £25m of debt, a winding-up petition due to come into force on October 5 and insurance cover in place only until midnight on Monday, owners Jason Whittingham and Colin Goldring have been told to put up or shut up.

An ultimatum has been issued that Worcester will be suspended from all competitions – men and women – if the club cannot meet three demands.

They must provide evidence of insurance cover, availability of funds to meet the monthly payroll and a credible plan to take the club forward.

The plug could be pulled as soon as noon today if the relevant safeguards for Saturday's Premiership game at home to Newcastle are not seen to be in place.

The RFU said: "The safety and welfare of the club's players and staff, as well as all other stakeholders and participating clubs, must remain paramount.

"We therefore trust that you will appreciate the seriousness of this matter and the need to engage with us openly in relation to the assurances requested."

PERTH RTV

THE SCOUT
1.35 The Kniphand 3.55 Long Stay
2.10 Statuario 4.30 Rapid Raider
2.45 Go Bob Go 5.02 Fuji Rocks
3.20 The Greek

1.35 NOVICES' HURDLE (GBB RACE) £3,812 (Class 4)2m 47yds (9 declared)
1 23-L CEOLWULF (68)(T) Chris McSharry 6 11 0 .... Craig Nichol
2 1F1 COUNTRY QUEEN (20) G Elliott (IRE) 5 11 0............... S Bowen
3 43-L HAVING A BARNEY (24)(T) M Walford 5 11 0........ J Hamilton
4 S62- JET LEGS (171) (F) M Todhunter 5 11 0.................... C Bewley
5 65L MAGIC MIKE (8) Paul Robson 5 11 0 .... D McMenamin
6 3-L MASRUR (51) S Crawford (IRE) 7 11 0......................... J Bowen
7 7L-L MRINDEPENDANT (135) M Barnes 5 11 0............... S Mulqueen
8 236-OUR MARTY (180) L Russell 4 10 12............................. D R Fox
9 2-2 ● THE KNIPHAND (130)(T) N Twiston-Davies 4 10 12...... S Twiston-Davies
TONGUE STRAP: Nos. 6, 7 HOOD: Nos. 5, 6.
W-Factor: Country Queen (124); Jet Legs (116); Ceolwulf (115).
SP FORECAST: 7-4 Country Queen, 5-2 The Kniphand, 3 Jet Legs, 8 Our Marty, 16 Ceolwulf, 20 Masrur, 25 Having A Barney, 33 Others.

2.10 HANDICAP CHASE (GBB RACE) £7,951 (3)2m 4f 20yds (4)
1 327- GOWEL ROAD (190)(T) N Twiston-Davies 6 11 10.... S Twiston-Davies
2 143- HAUTE ESTIME (167) L Russell 5 10 12......................... D R Fox
3 112 HERMANN CLERMONT (17) (C) G Elliott (IRE) 5 10 9.... S Bowen
4 231 ● STATUARIO (40) (C&D,T) P Bowen 7 10 6............. J Bowen
TONGUE STRAP: No. 3.
W-Factor: Statuario (149); Hermann Clermont (147).
SP FORECAST: 15-8 Gowel Road, 9-4 Haute Estime, 10-3 Statuario, 4 Hermann Clermont.

2.45 HANDICAP HURDLE £3,432 (5)2m 7f 207yds (8)
1 122 YOU NAME HIM (16) (D) R Menzies 6 12 2.................. B Hughes
2 6-11 BRANDY MCQUEEN (116) (C&D,F) H Graham & G Rutherford 5 11 13...... Craig Nichol
3 222 BRIDGE ROAD (30) J Candlish 6 11 7.................. Sean Quinlan
4 341 ● GO BOB GO (17) (C) R M Smith 5 11 5.................... T Dowson
5 7-14 FINE BY ME (9) N Twiston-Davies 5 11 0 .... S Twiston-Davies
6 53P LOCKDOWN LEADER (17) Ewan Whillans 6 10 3... E Austin(5)
7 525 EMIRAT DE CATANA (57) (C&D) L Russell 8 10 2. A Doyle(7)
8 463 NEW ZEALANDER (16) L Kerr 5 10 2 .... T Willmott(3)
BLINKERS: No. 6 TONGUE STRAP: No. 1 CHEEK PIECES: Nos. 1, 4.
W-Factor: Fine By Me (109); Bridge Road (106); Lockdown Leader (105).
SP FORECAST: 2 Brandy Mcqueen, 7-2 You Name Him, 5 Fine By Me, 13-2 Go Bob Go, Bridge Road, 10 Emirat De Catana, 16 Others.

3.20 HANDICAP CHASE £4,684 (4)2m 4f 20yds (6)
1 2F6 ● THE GREEK (24) G Elliott (IRE) 6 12 2..................... S Bowen
2 71U- WYE AYE (340) (C) P Kirby 7 12 0 .... R Chapman
3 F23- CORRIGEEN ROCK (181) L Russell 5 11 11 .... D R Fox
4 531 BIG DIFFERENCE (57) (C&D) T Reed 9 11 1..................... H Reed
5 323 SWORD OF FATE (1) (C&D) L Kerr 9 11 1..................... B Hughes
6 U34 MALANGEN (1) Miss L Harrison 7 10 11........................ T Dowson
BLINKERS: No. 1 TONGUE STRAP: No. 1 HOOD: No. 2.
W-Factor: Sword Of Fate (126); Big Difference (123); Wye Aye (122).
SP FORECAST: 9-4 Corrigeen Rock, 3 Big Difference, 10-3 Sword Of Fate, 11-2 Wye Aye, 8 The Greek, 12 Malangen.

3.55 HANDICAP HURDLE £4,520 (4)2m 47yds (10)
1 FF3/ NAYATI (1013) (C&D,T) D McCain 8 12 2 .... T Gillard(3)
2 121/ ● LONG STAY (668) (D,T) F O'Brien 7 12 0........... P Brennan
3 2-82 PLATINUMCARD (17) (D) G Elliott (IRE) 7 11 11............ S Bowen
4 8P31 CURIOUS TIMES (1) S Crawford (IRE) 9 12 4(7ex)...... J Bowen
5 129 WELL PLANTED (F48) (C&D) R M Smith 5 11 9 .... B Hughes
6 7-42 HOLMES ST GEORGES (84) S Crawford (IRE) 5 11 2. D Jacob
7 779- WOR VERGE (181) (C&D,T) S Corbett 9 11 2 .... N Moscrop
8 514- CUBAN CIGAR (F4) (D) L Russell 4 10 12 .... D R Fox
9 61-1 JACKHAMMER (F29) (C&D,F) D Sayer 8 10 4.. D McMenamin
10 0L2 PATEEN (16) J Bedi 10 10 3 .... A Anderson(5)
BLINKERS: No. 9 VISOR: No. 10 TONGUE: Nos. 2, 3, 4, 7 CHEEK: Nos. 4, 7.
W-Factor: Curious Times (121); Pateen (120); Well Planted (119).
SP FORECAST: 11-4 Platinumcard, 4 Jackhammer, 6 Holmes St Georges, Long Stay, 13-2 Curious Times, 10 Well Planted, Nayati, 14 Others.

4.30 CENTENARY SILVER PLATE HANDICAP CHS £4,684 (4)2m 7f 180yds (4)
1 15-2 LADRONNE (126) T Collier 8 12 0......................... Sean Quinlan
2 938- RETURN FIRE (181) L Russell 6 11 6.............................. D R Fox
3 24-1 ● RAPID RAIDER (141) (D) L Russell 8 11 2 .... S Mulqueen
4 6-22 EASY BUCKS (18) (D,T) P Bowen 7 11 1........................ S Bowen
TONGUE STRAP: Nos. 1, 2.
W-Factor: Rapid Raider (115); Easy Bucks (114); Ladronne (113).
SP FORECAST: 6-4 Rapid Raider, 7-4 Easy Bucks, 4 Ladronne, 15-2 Return Fire.

5.02 OPEN NH FLAT RACE (GBB RACE) £2,722 (5)2m 47yds (9)
1 175- BRAY DALE (164) (F) Catch Bissett 5 11 2................ B Lynn(5)
2 56 DAPPER GENT (80) M Barnes 5 11 2 .... A Anderson(5)
3 ● FUJI ROCKS(T) F O'Brien 5 11 2.................................... P Brennan
4 SHIR I DONT KNOW I Jardine 5 11 2............................ C O'Farrell
5 BIX BEIDERBECKE L Russell 4 11 0 .... S Mulqueen
6 3- JEM IN EM (187) L Russell 4 11 0 .... Conner McCann(10)
7 2-4 TOMMY'S FORTUNE (126) T Collier 4 11 0 .... Sean Quinlan
8 29 WISTERIA BLOOM (34) G Elliott (IRE) 4 11 0 .... S Bowen
9 SOLWAY STAREE Miss L Harrison 4 10 7 .... T Dowson
W-F: Wisteria Bloom (107); Bray Dale (103); Tommy's Fortune (102).
SP FORECAST: 7-4 Fuji Rocks, 9-2 Bix Beiderbecke, 6 Wisteria Bloom, 15-2 Bray Dale, 8 Jem In Em, 10 Others.

TRACK FACTS: GOING: Good. Right Handed. **TOP TRACK JOCKEY (2017-22):** Brian Hughes 21% Strike rate. **TOP TRACK TRAINER (2017-22):** G Elliott 35% Strike rate. **FIRST TIME:** 1.35 Magic Mike (hood), 2.45 Lockdown Leader (blinkers), 3.55 Long Stay (tongue strap), Jackhammer (blinkers). **BEATEN FAVOURITES:** 2.10 Hermann Clermont(hcp ch). 2.45 Bridge Road(hcp hdl), Fine By Me(hcp hdl), You Name Him(hcp hdl). 3.55 Platinumcard(hcp hdl), Well Planted(hcp). **LONGEST TRAVELLER: Country Queen** (1.35), **Masrur** (1.35), **Hermann Clermont** (2.10), **The Greek** (3.20), **Holmes St Georges** (3.55), **Curious Times** (3.55), **Platinumcard** (3.55), **Wisteria Bloom** (5.02) Ireland; **Statuario** (2.10) & **Easy Bucks** (4.30) 447 miles. **STABLE SWITCH:** 5.02 **Bray Dale** from N Richards to Catch Bissett, **Jem In Em** from Harley Dunne to L Russell.

ASHES BURNOUT

Veteran warns squeezed series will take a heavy toll on players

EXCLUSIVE
By Mike Walters

ASHES stalwart Steve Harmison fears next summer's Test series against Australia – squeezed into a 46-day window – is a recipe for burnout.

Just 24 hours before Sir Andrew Strauss publishes his High Performance Review, Lord's confirmed the worst-kept secret in cricket.

The 2023 Ashes will cram five Tests into six-and-a-half weeks and will be over by the end of July – to give The Hundred a free run in August. It is the shortest window ever allocated in England for a series which is supposed to be Test cricket's jewel in the crown.

Harmison, a key member of the England side who regained the urn in 2005 after 18 years, said: "Even if the players handle the physical demands of such a packed schedule, the mental toll could be too much."

England Test skipper Ben Stokes, left, quit ODIs this summer, hinting that the fixture list was placing an unsustainable burden on multi-format players.

New white-ball captain Jos Buttler was dismayed at a schedule of 12 limited-overs internationals in 24 days against India and South Africa in July.

Harmison, who coaches at Durham, said: "In an ideal world, especially if you're a fast bowler, you would like a five-Test series to be afforded something like seven-and-a-half weeks.

"With little recovery time that's a challenge – and not everybody will be able to handle it. The highs and lows of a series can do ridiculous things to your mind. If you're a batsman scratching around for form and you nick off a couple of times, there's little scope to address any technical issues."

There is discontent that the only day of international cricket in August 2023 is a Twenty20 game against New Zealand at Durham on August 30.

Harmison, left, said: "Franchise cricket is encroaching more on the calendar, and the windows to play Tests are becoming smaller, but players can't have it both ways.

"If they are happy to accept the big money that comes with Twenty20 franchises or The Hundred, they must expect the timelines for Test cricket to be more limited."

England will warm up with a four-day Test against Ireland at Lord's before taking on the Aussies at Edgbaston from June 16.

Tests at Lord's, Headingley and Old Trafford follow before the finale at The Oval, which is due to finish on July 31.

In the women's multi-format Ashes, England skipper Heather Knight is thrilled that the schedule will include a five-day Test for the first time.

Knight said: "I've been banging the drum for five days for a long time, so it's a special moment."

❑LONDON will stage the next two World Test Championship finals as The Oval plays host next year while Lord's has been revealed as the 2025 venue.

'Not everyone will be able to handle it'

ENGLAND TEST SCHEDULE 2023

Dates	Fixture
June 1-4:	England v Ireland, Lord's
June 16-20:	First Ashes Test, Edgbaston
June 28-July 2:	Second Ashes Test, Lord's
July 6-10:	Third Ashes Test, Headingley
July 19-23:	Fourth Ashes Test, Old Trafford
July 27-31:	Fifth Ashes Test, The Oval

RUSH JOB'S HUGE COST

COMMENT
By Gideon Brooks

THE one saving grace of an Ashes series crammed into June and July is that it may have the best of next summer's weather.

It is hard to see much else positive in the scheduling of the most iconic series of all barged off centre stage to make way for the sugar rush of The Hundred.

Whether it is financial imperative, far sightedness or face-saving which ensures the third edition of this divisive competition has the prime slot to breathe uninterrupted is debateable.

What would have been interesting – or perhaps uncomfortable – to see is whether people wanted to watch the Ashes or The Hundred given the choice if they were up against each other. One a slowly unravelling story steeped in its own glorious history or the other an uncompetitive, unnuanced hitting-fest if the bulk of The Hundred this year is anything to go by.

That interesting possibility was neither commercially sound or ever going to come to pass with the Ashes joining the rest of the ECB's scheduled offering on the margins. In theory, a compressed Ashes programme allows those involved to play in The Hundred, although whether any will be still standing after a five-Test series in 46 days is questionable.

This is the first time that not one day of an Ashes series in England will be in August so it could well be done and dusted before the majority of schools stop for the summer. That means no children watching the Ashes as a backdrop to the lazy first few weeks of their break, which is a shame.

Instead they will be fed a pure diet of The Hundred in August where their heroes will either be playing for another franchise or lying on a physio's bench after an Ashes which suddenly seems more inconvenience than showpiece.

Red Rose snatch a freak win

FROM BACK PAGE

Williams (4-24) did the damage as Essex were skittled out for 59 in pursuit of a modest 98 to win.

With the four innings producing just 370 runs amid the carnage, Essex face the prospect of an ECB pitch inspection.

Lancashire hero Balderson: "It was a bizarre game. We knew with the pitch we were always in the game."

Surrey took a step closer to winning their second title in five years after forcing **Yorkshire** to follow-on at the Oval.

The hosts' relentless seam attack bowled Yorkshire out for 179 and they finished the day on 89-2, still 65 behind.

After picking up six bonus points Surrey now hold an 11-point advantage at the top. If they wrap up victory, rivals **Hampshire** would need to beat **Kent** to take the title race to the last round of matches next week.

Hampshire though face a tall order as they require another 273 more runs with six wickets remaining.

Glamorgan captain David Lloyd hit a triple hundred – and the second highest score in the club's history – as they kept up outside hopes of promotion from Division Two.

His 313 not out led Glamorgan to 550-5 declared, with **Derbyshire** struggling to 135-5 in reply.

The opener's tally was only behind Sam Northeast's unbeaten 410 at Leicester made in July. Lloyd said: "It feels a bit surreal."

ROGER IS NOW READY TO TALK A GOOD GAME

By **Neil McLeman**

ROGER FEDERER yesterday revealed his wife Mirka was relieved and his children cried at the news of his retirement from tennis.

And the Swiss superstar admitted he lived in fear of further damage to his injured right knee and is nervous before his farewell performance at the Laver Cup tomorrow.

Federer has won 20 Grand Slam titles and multitudes of fans with an effortless elegance over the past two decades.

Yet, speaking before the second historic royal event in London this week, the 41-year-old opened up on the pain and uncertainty in his fight to prolong his career over the last few years.

Despite three operations on his knee, he said not only him was suffering.

Federer said: "The last few years have been tough for me, but it was even tougher for Mirka.

"With all the injuries, she didn't enjoy watching me any more. I felt sorry for her too. It's a great relief for her now that it's over."

The reaction of his two sets of twins – 13-year-old daughters Myla and Charlene and eight-year-old sons Lenny and Leo – was more mixed.

Federer, who announced his decision on Instagram last Thursday, said: "I told them the day before. I told them that nothing will

FAVOURITE MEMORIES

Off the top of my head, obviously you think about first Wimbledon, the match with Sampras at Wimbledon (2001), the 2017 comeback, winning Australia, '09 French Open. But I'm fortunate that I can almost pick and choose which moments were the best because there were so many.

WHAT DO YOU WANT TO BE REMEMBERED FOR?

It is the longevity. I was famous for being quite erratic at the beginning of my career. Then to become one of the most consistent players ever is quite a shock to me as well.

WHAT WILL YOU MISS THE MOST?

I love tying my shoes, getting ready, putting the bandana on, I look in the mirror: 'Are we ready for this? Yeah, OK, let's go'. As much as I love it, I'm happy I don't have to go through it again. Having those knots in my tummy, waiting all day, eating breakfast, thinking about, OK, tonight, I've got another big match.

FITTING TO SAY GOODBYE IN LONDON?

London is in my heart. This city has been special to me. Maybe the most special place with Wimbledon down the road and here at the O2. I like having someone like Bjorn Borg on the bench and being surrounded by a lot of players. Often careers end in a big tournament where you lose at some point and it's over. I find that sad. Being part of a team here is different. It also had to be a place where I can see the fans and they can see me.

FEDERER REVEALS HIS WIFE'S RELIEF AFTER BIG DECISION

change much. We've seen what it's going to be like over the last few years.

"Somewhere they are sad that I will stop. But they always expressed the wish, 'Stop playing tennis, we want to go skiing!' I said it to all four at the same time and three out of four cried."

Federer has achieved nearly everything in the game but he said about retiring: "I've had a lump in my stomach for the past two or three weeks. Writing the letter took a lot of emotional energy.

"I was in a worried, scared place to face the music, the media, the fans, and everything, being able to talk about it in a normal fashion without getting emotional, because I know how much it means to me.

"I probably went through a lot of different stages. I don't know if you can call it grieving. But now I feel good." Federer said he had decided to quit "a few days" after his last match – a Wimbledon quarter-final defeat by Hubert Hurkacz, in which he lost the final set 6-0.

The Swiss said: "I said on court that I hope to see everyone again next year. At the time, I still honestly believed it. After a few days and weeks I noticed that the knee was no longer making any progress."

Asked if he is still in pain while playing, Federer said: "I get scared going too far because I don't want to bang it up and make it go completely crazy. Otherwise I could be playing."

Whether Federer is the greatest men's player of all time ahead of his Europe team-mates this week, Novak Djokovic or Rafa Nadal, is debatable.

His place in tennis history is undeniable.

He said: "I always looked to the Michael Schumachers, Tiger Woods, all the guys who stayed for so long at the top and I didn't understand how they did it. Next thing you know, you're part of that group."

But for his encore in the doubles at the O2, he said: "I'm nervous because I haven't played in so long."

HAPPY FAMILY: Mirka with the couple's two sets of twins

The past few years have been tough for me and Mirka... the kids cried when I told them I was quitting

BALL BOY: Federer has won 20 Grand Slams in his career

ROGER FEDERER is open to returning to Wimbledon as a BBC commentator after promising he will not become a "ghost" in his retirement.

The Swiss superstar will play his final ATP Tour match in the doubles at the Laver Cup in London tomorrow night – probably alongside Rafa Nadal.

But Federer, 41, said he could still be seen – and heard – in tennis in the future. "Funnily enough, I always thought I'll never go on the journalist side or that commentary would never be a thing for me," he said. "But the subject of commenting suddenly came to mind six months ago. Who knows? Maybe specifically commenting on some games in Wimbledon, for example.

"So we'll see what happens. But I have no plans so far. Jumping back in and out every once in a while might be something tennis could use. This allows you to keep in touch with the tour and the players. Sometimes when you're a past player, you need a purpose to come back to a tournament as well.

"It's not so much about Wimbledon. For me, it's more about having past players or champions for that matter commentate is important. That's why I've always loved having Johnny Mac [John McEnroe] around, [Mats] Wilander, you name it, Chrissie Evert.

"It's super-important because they give you the insight, they tell you how it used to be or how they felt or, you know, they can relate very much so.

"Sometimes you watch matches because of the commentary and less about the match itself. So it's a really important part of the game.

"If I can add something, maybe that would be nice, but I would also have to think about it. But I just think it's important that we, the great players, are still around sometimes."

NEIL McLEMAN

WORLD OF SPORT

Lewis fuelled spiky battle says Horner

FORMULA ONE

CHRISTIAN HORNER has blamed Lewis Hamilton for causing the bad blood that defined his epic title fight with Max Verstappen last season.

The Red Bull boss said Hamilton "never recognised" Verstappen's ability which added "more needle" to the battle, which the Dutchman eventually won at the controversial final race in Abu Dhabi.

Horner believes the mood is different between Verstappen and Charles Leclerc this season.

Speaking to F1's Beyond the Grid podcast, Horner said: "There's perhaps a different respect with Charles. They had raced each other as kids and there is a mutual respect.

"I've never once heard Lewis recognise Max's ability and so of course there was just a bit more needle to it."

HORNER

LUKE CHILLINGSWORTH

WALES VETERANS EYE A FOURTH WORLD CUP

RUGBY UNION

WALES have named a squad with three players who will be playing in their fourth Women's World Cup.

Back row Sioned Harries, fly-half Elinor Snowsill and prop Caryl Thomas are included in the 32-strong group who will arrive in New Zealand next week.

Back five forward Siwan Lillicrap captains the squad, while up to 19 players could make World Cup debuts. Head coach Ioan Cunningham said: "There were a few robust discussions, but overall we are pleased with where we are.

"We've had two tough warm-up matches which was what we needed."

Wales were beaten conclusively by Canada and England. They launch the World Cup against Scotland on October 9.

RUGBY LGE

ST HELENS loose-forward Morgan Knowles is free to play in Saturday's Grand Final after winning a second appeal against a charge of a 'chicken wing' tackle.

After Tuesday's independent tribunal rejected his first appeal against a two-game ban, the club launched another appeal claiming that the tribunal's conclusion was "unreasonable" based on the evidence presented.

Last night's new tribunal accepted that while there was some twisting to apply pressure to the arm of Salford's Chris Atkin, it did not exceed the normal range of movement and therefore could not have posed an "unacceptable risk of injury".

DAVE CRAVEN

10 to tackle

1. Which county cricket club have signed Derbyshire batter Shan Masood for 2023?
2. **What is the reptilian nickname of Hull FC player Jake Connor?**
3. Who knocked Emma Raducanu out of the 2022 Cincinnati Open singles tennis tournament?
4. **Which former Wales coach took over at the All Blacks in 2012?**
5. On which horse did Lester Piggott win the 1970 Derby?
6. **Which golf course hosted the 2017 Open Championship?**
7. Which British marksman was Olympic small-bore three positions rifle champion in Los Angeles 1984 and Seoul 1988?
8. **With which Winter Olympics event are Georg Hackl and Armin Zoggeler associated?**
9. In which German city did the 2017 Tour de France start?
10. **Which American boxer held at least one of the world middleweight belts every year from 1994 to 2005?**

RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Yorkshire. 2 The Snake. 3 Jessica Pegula. 4 Steve Hansen. 5 Nijinsky. 6 Royal Birkdale. 7 Malcolm Cooper. 8 Luge. 9 Dusseldorf. 10 Bernard Hopkins

De Bruyne bored by the Dragons

By **James Nursey**

KEVIN DE BRUYNE admits he finds it "boring" to play Wales so regularly.

The Belgium skipper is preparing to win his 92nd cap, and eight of those have been against Wales - scoring three times - as the nations have been frequently drawn together.

Manchester City midfielder De Bruyne, right, candidly admits it is a struggle to get the juices flowing for yet another clash with Wales tonight.

He is also not sure how much of a difference it will even make to Belgium's preparations for the World Cup as boss Roberto Martinez has such a settled side.

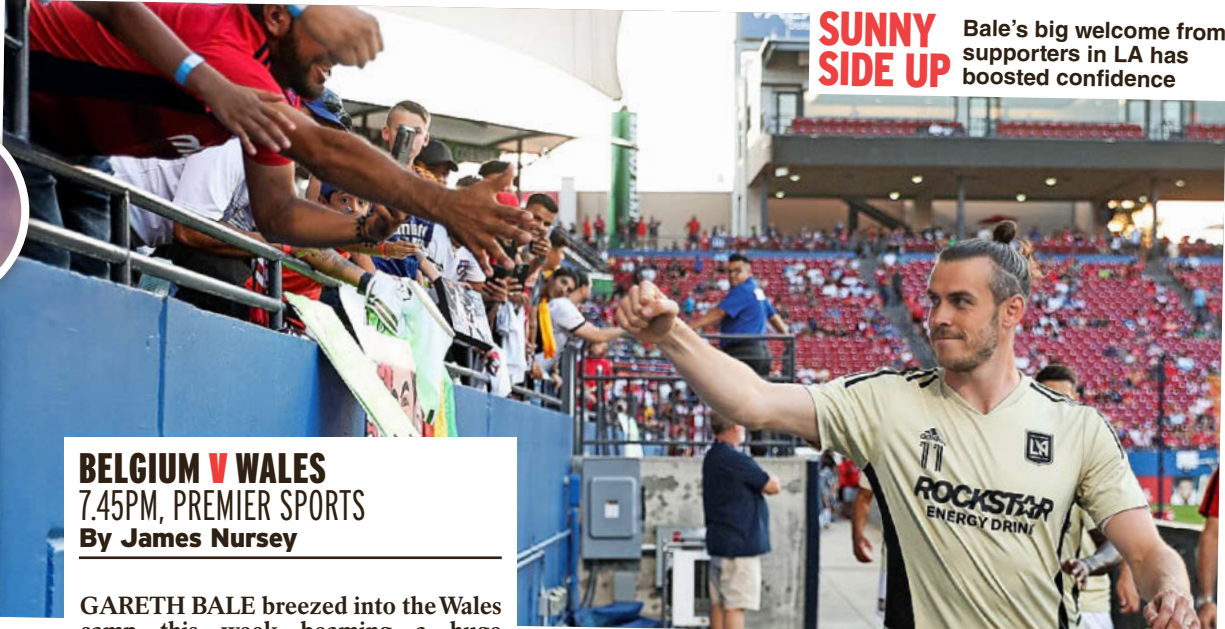
De Bruyne said: "I think half of my international career has been against Wales. I don't know why.

"It is a little bit boring. It is always the same teams.

"But we'll just try to finish the two games as best as possible and get ready for the World Cup.

"We have been playing with the same team for years so I don't think it makes that much of a difference any more."

Belgium are in Amsterdam on Sunday for a match against Holland that could decide who wins Nations League Group A4.

CALIFORNIA

SUNNY SIDE UP Bale's big welcome from supporters in LA has boosted confidence

BELGIUM V WALES
7.45PM, PREMIER SPORTS
By **James Nursey**

Bale in a better state to attack World Cup

GARETH BALE breezed into the Wales camp this week beaming a huge Californian smile after being reinvigorated by his move to the USA.

Feeling unwanted and unloved at Real Madrid, Bale was frozen out in Spain where he ran down his huge contract this summer.

Despite tremendous criticism, including being branded a "parasite" by one Spanish newspaper, he still inspired Wales as their captain and record scorer.

His feats included a spectacular free-kick against Austria to help Rob Page's men to the World Cup via the play-offs.

But now Bale is so clearly enjoying his football and life again at new club Los Angeles FC, both him and manager Page are excited about what he can produce this winter in Qatar.

Bale, 33, made his 11th appearance of the season in LAFC's 3-1 win against Houston on Monday which keeps his club clear at the top of the Western Conference. He flew to Heathrow the next day and is preparing for his 107th cap tonight in Brussels against Belgium.

If Bale is suffering from jet lag, you would never have known from his upbeat demeanour yesterday.

"Definitely, I am very happy," he said. "It feels nice, the fans have been really supportive over there, they've been really patient as well, which is good.

"I'm enjoying playing in America, the atmosphere is incredible, they're all supporting the team. I can't ask for any more than that. They've made me feel at home straight away. Hopefully that gives me more confidence going into Wales as well.

"There was a reason I wanted to go to LAFC, they are a club that is really on the rise and is going places.

"It was a project I wanted to be a part of. This is a new challenge with a new club and new team and it gives you that freshness again about football.

"One I am enjoying and one hopefully I continue to enjoy."

Only two of Bale's appearances this term have been starts and he has yet to complete 90 minutes for LAFC.

But he is still playing a lot more than he did in Spain last term and has scored twice as he builds up his fitness.

Bale said: "The last few years I had to come into Wales camp and try and find something and dig deep and find my fitness. You can be as fit as you want training and doing your running but playing your games makes you feel sharper and better on the pitch.

"Playing games is good for me and where I need to be.

"I'm getting stronger and fitter. Now we have an important stretch of games in MLS, but after that I can turn my attention to the World Cup and hopefully be in the best shape.

"The plan is just to be 100 percent fit to help LAFC first and foremost and then ultimately that will lead into me being 100 percent for the World Cup.

"I'm sure when it comes round everyone will be buzzing to go."

Bale's physical and mental condition has been well received by Page, who last week signed a four-year contract ahead of Wales' first World Cup appearance in 64 years.

Page said: "Gareth was bright and you wouldn't have thought he'd just got off a flight from the States. I'm not surprised by his professionalism but I was surprised how fresh he looked."

GROUP A4

	P	W	D	L	F	A	Pts
NETHERLANDS	4	3	1	0	11	6	10
BELGIUM	4	2	1	1	9	6	7
POLAND	4	1	1	2	5	10	4
WALES	4	0	1	3	5	8	1

UEFA NATIONS LEAGUE

SPORT IN BRIEF

UEFA Nations League B - Group 1

SCOTLAND (0) .... 3 UKRAINE (0)......... 0
McGinn 70
Dykes 80, 87

	P	W	D	L	F	A	Pts
Scotland	4	3	0	1	9	4	9
Ukraine	4	2	1	1	5	4	7
Rep of Ireland	4	1	1	2	4	3	4
Armenia	4	1	0	3	2	9	3

CRICKET

Second One Day International
England Women v India Women
CANTERBURY: India Women beat England Women by 88 runs

INDIA WOMEN
S Verma b Cross 8
S Mandhana lbw Ecclestone 40
Y Bhatia c & b Dean 26
H Kaur not out 143
H Deol c Wyatt b Bell 58
P Vastrakar c Lamb b Kemp 18
D Sharma not out 15
Lb1 w24 25
Total (5 wkts., 50 overs) 333
Fall: 12, 66, 99, 212, 262.
Bowling: Bell 10-0-79-1, Cross 10-0-68-1, Kemp 10-0-82-1, Dean 10-0-39-1, Ecclestone 10-0-64-1.

ENGLAND WOMEN
T Beaumont run out 6
E Lamb lbw Thakur 15
S Dunkley b Thakur 1
A Capsey c Verma b Sharma 39
D Wyatt b Thakur 65
A Jones st Bhatia b Hemalatha 39
F Kemp run out 12
S Ecclestone c Deol b Thakur 1
C Dean st Bhatia b Hemalatha 37
K Cross lbw Verma 14
L Bell not out 11
B3 w2 5
Total (44.2 overs) 245
Fall: 7, 12, 47, 102, 167, 169, 182, 183, 211.
Bowling: Goswami 7-0-31-0, Thakur 10-0-57-4, Vastrakar 7-0-45-0, Gayakwad 8-0-45-0, Sharma 7-0-40-1, Deol 2-0-13-0, Hemalatha 2.2-0-6-2, Verma 1-0-5-1.
Umpires: M Burns & A Harris.

LV COUNTY CHAMPIONSHIP FIRST DIVISION — Essex v Lancashire (Chelmsford): Lancashire 131 (39.5 overs; S R Harmer 5-41) and 73 (23.4 overs; S Snater 6-10). Essex 107 (39.1 overs; T E Bailey 5-36) and 59 (22.2 overs; G P Balderson 5-14, W S A Williams 4-24). *Lancashire (19pts) beat Essex (3pts) by 38 runs.*

Gloucestershire v Warwickshire (Bristol): Warwickshire 274 (104.2 overs; D P Sibley 120no, D R Briggs 65; Zafar Gohar 5-64). and 58-5 (14.0 overs, T J Price 4-20) Gloucestershire 255 (74.3 overs; J M R Taylor 71, Zafar Gohar 55; J Yadav 5-90).

Hampshire v Kent (The Ageas Bowl): Kent 165 (65.4 overs; B G Compton 63; K J Abbott 4-46) and 269 (71.5 overs; J A Leaning 112; Mohammad Abbas 4-68). Hampshire 57 (16.5 overs; M R Quinn 6-23) and 105-4 (35.0 overs; J J Weatherley 54no).

Somerset v Northamptonshire (Taunton): Somerset 389 (137.3 overs; T B Abell 111, G A Bartlett 62; R I Keogh 4-99). Northamptonshire 184-6 (52.0 overs; W A Young 85, C Overton 4-25).

Surrey v Yorkshire (The Kia Oval): Surrey 333 (80.5 overs; O J D Pope 136, J Clark 55; S A Patterson 4-69). Yorkshire 179 (58.4 overs; T Kohler-Cadmore 55; T Lawes 4-31) and 89-2 (25.0 overs).

SECOND DIVISION — Durham v Sussex (Riverside): Sussex 162 (59.4 overs). and 6-3 (3.3 overs) Durham 459-7dec. (103.0 overs; M A Jones 96, N J Maddinson 90, C G Benjamin 82no, S G Borthwick 82).

Glamorgan v Derbyshire (Sophia Gardens): Glamorgan 550-5dec. (135.2 overs; D L Lloyd 313no, W T Root 79). Derbyshire 135-5 (54.0 overs; L M Reece 56).

Leicestershire v Middlesex (Grace Road): Middlesex 297 (98.0 overs; J A Simpson 92, S S Eskinazi 64, R F Higgins 53; M Finan 5-58). Leicestershire 273-9 (92.0 overs; H Swindells 67, T A R Scriven 65).

Worcestershire v Nottinghamshire (New Road): Worcestershire 390 (118.3 overs; G H Roderick 102, B L D'Oliveira 85). Nottinghamshire 128 (34.2 overs; E Barnard 4-26, D Pennington 4-31) and 129-6 (36.0 overs; Haseeb Hameed 58).

TENNIS

KOREA OPEN (Seoul) — **Women's Singles 1st rnd: (6) E RADUCANU** (Gbr) bt M Uchijima (Jpn) 6-2 6-4.

RUGBY UNION

Premiership Cup

HARLEQUINS....... 26 LON IRISH........... 30
Harlequins—T: J. Green, Edwards, Riley, Cleaves. **C**: Edwards (3).
London Irish—T: Harrison, Dykes, O'Sullivan, Harmes. **C**: Jennings (2). **P**: Jennings (2).

GLOUCESTER...... 49 WORCESTER....... 21
Gloucester—T: Reeves (2), Clark, Clement, Seabrook, Thomas (2). **C**: Barton (7).
Worcester—T: Doel, Theo-Thomas, Wilson. **C**: Titcombe (3).

TODAY'S DIARY

(7.45pm unless stated)

UEFA Nations Lge A - Grp 1
Croatia v Denmark ....
France v Austria ....

League A - Group 4
Belgium v Wales ....
Poland v Netherlands ....

League C - Group 1: Lithuania v Faroe Islands, Turkey v Luxembourg. **Group 3:** Kazakhstan v Belarus (3pm) , Slovakia v Azerbaijan. **League D - Group 1:** Latvia v Moldova (5pm) Liechtenstein v Andorra.

Under-21 Friendly Match
Italy v England (4.30) ....

CRICKET
County Cricket - Div One/Two — Day 3 of 4 (All 10:30am)
2nd T20 International: Pakistan v England (Karachi, 3.30pm).

GOLF
World Tour Cazoo Open de France (Le Golf National, Paris,).
Women's Irish Open (Clare, Ireland).

ICE HOCKEY
Elite League: Glasgow Clan v Sheffield Steelers.

Trent: Reds needed reset

By **Mark Jones**

TRENT Alexander-Arnold says Liverpool have gone back to the drawing board in a season like no other.

The Reds have won only two games in the Premier League, and were walloped 4-1 at Napoli in Europe.

But Alexander-Arnold, right, who has been criticised for his performances, sees a turnaround. The right-back told Red Bull: "It was back to the drawing board after Napoli, and making sure we start getting our stuff in order. I think I'm getting there, personally.

"It's hard because it's been different to how other seasons start. You'd have three or four games in August, then the internationals and then the Champions League. Now you're in at the deep end."

● *To watch the interview visit redbull.co.uk/trent*

MLS IN SUPER TALKS

MLS teams could be invited to take on the Champions League winners in a revamped Super Cup being considered by UEFA.

Discussions for a four-team season-opening event to replace the current Super Cup are ongoing.

This would feature the winners of the Champions League and Europa League as is the case currently, but also the winners of the new Europa Conference League.

The United States, considered the key growth market for European football, is the main destination under discussion and one option would be to include the MLS champions as the fourth team in the competition.

BEAMING

FLYING: Bale hit the ground running in training yesterday

'Playing is good for me. I'm getting stronger'

Page is 'dreading' making toughest cut of his career

By **James Nursey**

ROB PAGE admits he is "already dreading" naming Wales' historic World Cup squad.

Page has earned the backing of Wales' stars since stepping up to take the helm in November 2020.

But he knows he faces his toughest decisions yet when he has to name his final 26-man squad for Qatar in Wales' first finals of a World Cup in 64 years.

Last week, Page selected a 28-man squad for the games against Belgium tonight and Poland on Sunday in the Nations League.

Page later also added Birmingham midfielder Jordan James after Sawnsea's Joe Allen was ruled out by a hamstring injury.

Page said: "I am already dreading the 26-man squad for the World Cup because we have so many great players involved. We have 30 to 32 players so that is the hard part of the job.

"It will be nothing personal when I have to make those decisions – but it is difficult keeping them all happy.

"You just have to be honest with players. If they are not playing it is because there is somebody who is playing better at this moment in time.

"You are not going to please everybody."

Page last week signed a four-year deal to manage Wales until 2026 after Ryan Giggs formally resigned earlier this summer amid his legal battle.

But Page insisted: "I won't change who I am. I will just continue.

"There is no difference. I won't work any other way. I signed the contract but have not even addressed it to the staff since we have been on camp.

"It is just another camp and I expect the same professionalism from the staff and the players."

Wales will fine-tune their World Cup preparations this week ahead of facing USA, Iran and England in Group B.

Page added: "It is about nailing down how we play and using these two games."

WALES PROBABLE LINE-UP (3-4-3)

HENNESSEY
RODON, MEPHAM, CABANGO
ROBERTS, AMPADU, MORRELL, N WILLIAMS
BALE, MOORE, JAMES

BELGIUM (3-4-3): Courtois; Boyata, Vertonghen, Alderweireld; Castagne, Tielemans, Witsel, Carrasco; De Bruyne, Batshuayi, E. Hazard

KICK-OFF: 7.45PM
TV: Premier Sports, S4C
REF: Ali Palabıyık (Tur)

GET IN: McGinn struck the first

HOT McGINN TAKES STEP TO PUT PAIN BEHIND HIM

SCOTLAND 3 UKRAINE 0

JOHN McGINN made amends for his costly World Cup miss by helping Scotland grab control of their Nations League destiny.

The captain's wayward header against Ukraine in their semi-final play-off defeat broke Scottish hearts in June.

But his second-half strike here against the same opponents set Steve Clarke's on their way to victory to put Scotland top of the group with two matches left.

Substitute Lyndon Dykes produced a superb late cameo, adding two headed goals.

McGinn, who missed an open goal with a header against the same opponents, has now scored 14 goals under Clarke.

And it was the Aston Villa midfielder who beat out the rhythm that others followed in a convincing performance.

If Scotland can top this Nations League group after the final two games against Republic of Ireland and against this opposition again in Krakow, a play-off place for Euro 2024 will already be theirs.

Scotland need to beat Ireland on Saturday and then not lose against Ukraine on Tuesday to ensure a play-off place.

Last night Scotland were vibrant, Che Adams could have had a couple and Stuart Armstrong a hat-trick.

Scotland were dealt a blow when Everton defender Nathan Patterson was forced off with what looked like a knee ligament injury on 26 minutes.

And Ukraine were lucky to stay at full strength just before half-time when Valeriy Bondar felled Adams with a cynical shoulder charge when the striker was running through on goal.

Scotland dominated the second half and McGinn stayed strong to spin Bondar and fire home on 70 minutes.

Then Dykes added a second and third, headed goals from two Ryan Fraser corners.

SCOTLAND (5-4-1): Gordon 6; Patterson 6 (Hickey 26, 7), McTominay 8, Hendry 7, McKenna 7, Tierney 6 (Taylor 85); Armstrong 5 (Fraser 77), McGinn 7, McGregor 7, Christie 6 (McLean 85); Adams 7 (Dykes 77). **Goals:** McGinn 70, Dykes 80, 87.

UKRAINE (4-1-4-1): Trubin 5; Karavaev 5, Bondar 4, Matviyenko 5, Mykhailichenko 5; Stepanenko 4 (Sydorchuk 46, 4); Yarmolenko 5 (Tsygankov 68, 5), Pikhalyonok 5 (Zubkov 83), Malinovskyi 6, Mudryk 7 (Ignatenko 84); Dovbyk 6 (Yaremchuk 68, 6).

GIDEON BROOKS

Martinez is up for the fight

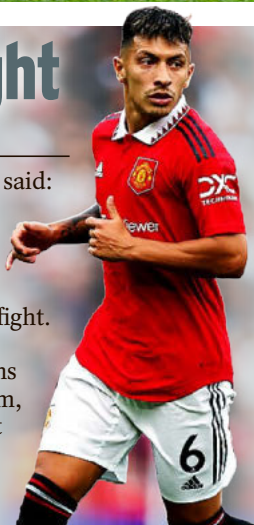
By **Gideon Brooks**

LISANDRO MARTINEZ insists Manchester United have laid the first building blocks in their efforts to turn Old Trafford into a fortress again.

United have strung together four league wins for the first time since April 2021 under new manager Erik ten Hag, including home successes against Liverpool and Arsenal.

Centre-back Martinez, right, believes they can build on those foundations as they look to make their home an uncomfortable experience for visitors. He said: "We did an amazing job against Liverpool and then we kept going and you can see now, every game the team is ready to fight.

"But this is Manchester United, no? When the teams come to play in our stadium, they have to feel it was not easy for them.

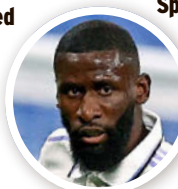
"So yes, now we feel very well about it."

'I MESSED UP FOR FANS'

By **Charlie Parker-Turner**

FORMER Chelsea defender Antonio Rudiger has revealed he has made mistakes to spark a reaction from "quiet" fans.

The 29-year-old joined Real Madrid in June after five years with the Blues, having been central to their success.

But Rudiger, right, now claims he has used an unusual method to stir fans, pointing to a 1-0 win over Newcastle last season as an example of when he slipped up on purpose. He told Germany's Sport1: "I'll be honest, I deliberately made a few mistakes because it was too quiet in the stadium for me during this game. I wanted to wake people up with it.

"At the end of the day, football is also entertainment. Fans come to the stadium to be entertained."

Ryan now flying but he'll stay grounded

ITALY U21 V ENGLAND U21 4.30PM

RYAN SESSEGNON is crossing his fingers that he is finally over the injuries that have stalled his career.

The Tottenham wing-back admits the past six years have been a "roller-coaster".

But after a summer building his fitness to be ready to meet the demands of Antonio Conte, he feels in the form of his life.

The 22-year-old said: "In football, you can be a 10 one day and a one the next. You have to stay level-headed.

"It's not been easy – I was doing well at Fulham and then hit by so many obstacles at Spurs.

"Now I'm coming through the other side. It's been hard work mentally and physically. I'm looking forward to the future."

Sessegnon will play for England Under-21s against Italy in Pescara

SESSEGNON: Belief

today and is ready to play the old hand as the squad look to next summer's European Championship.

However, he is dreaming of a senior call-up after stringing together his first extended run of top-class club form under Conte.

"I've been in this team a long time now – I'm probably one of the older guys here," he said. "It's not a new situation for me as I've played in two Under-21 tournaments.

"So I'll try and help the younger guys, talk to them and try to set an example.

"Me getting in the senior team is a question you would have to ask Gareth Southgate. If the opportunity comes then I'll be delighted but it's not a pressure I'm putting on myself."

GIDEON BROOKS

DON'T SAY THE HEND IS NIGH

GROUP A

	P	W	D	L	F	A	Pts
HUNGARY	4	2	1	1	7	3	7
GERMANY	4	1	3	0	8	5	6
ITALY	4	1	2	1	5	7	5
ENGLAND	4	0	2	2	1	6	2

UEFA NATIONS LEAGUE

LONG HAUL: Henderson says he has more to offer

TIME TO KICK ON Grealish in training with England this week after scoring for City at the weekend

Souness stick is all part of

FROM BACK PAGE

it's everywhere around the training ground.

"He was obviously a great player and won a lot but I don't know what it is with what he says about me or what problem he's got."

On Grealish, who joined City in August 2021 for £100million, Souness said: "Jack Grealish is a good player who has got a big move and is yet to do it at Man City. At Aston Villa he was the most fouled player in the Premier League.

"You're having too many touches if you're the most fouled player, and the reason you're having too many touches is you're not seeing the picture quick enough.

"I understand why people think he's better than he actually is because he runs with the ball, he gets you on the edge of your seat. But he doesn't deliver enough.

"I thought Jack, every day at City, would be asked to [move the ball] quicker, deliver on what he sees quicker, but it's not happened for him.

"He's not a quick learner. All the top players are quick learners. Jack's had a year and for me he's not improved."

Grealish, 27, has had a less than explosive start both to his career at City under manager Pep Guardiola, right, and the current season in which he has been held back with an ankle injury – a

ITALY V ENGLAND
7.45PM TOMORROW, CHANNEL 4
By **Matthew Dunn**

I may have enough gas in the tank to get me to North America says Reds skipper

JORDAN HENDERSON insists that this year's World Cup will not be his international swansong and he has already set his sights on playing in North America in 2026.

The Liverpool captain turned 32 in June and he has been struggling this season with a niggling hamstring injury.

But after his late call-up as cover for Manchester City's Kalvin Phillips for this week's double-header in Italy tomorrow and the visit of Germany the following Monday, he plans to challenge for his place deep into his 30s

"My last chance to win something with England? I hope not," he said. "I still feel good.

"I wouldn't look too far ahead but it is another huge opportunity – as were the last few tournaments we've done well in.

"Hopefully, we have learnt from the experience of the last World Cup and Euros and we will take it into the tournament in Qatar.

"It is so difficult in tournament football to get to the latter stages.

"But I am certain that the quality we've got and hopefully the experiences of the past few years will put us in good stead going into Qatar in November.

"Beyond that depends on the player. I look at some players still playing internationals at 36 and 37.

> Some are still playing internationals at 36 and 37

"I think last season I played more games than anyone else in Europe.

"So physically, it's not an issue and I'm still excited being here with England.

"If that wasn't the case then obviously I would maybe think about that. But I'm always excited about being called up to play for England.

"I want to be here and I want to show I can help the team become successful. Until that changes there's no reason to even think about packing it in."

To that end, Henderson has been keeping England coach Gareth Southgate up to date with the hamstring injury that initially ruled him out of a call-up for the double-header against Italy and Germany.

"I spoke to Gareth a while ago, at the beginning when I got injured and a week and a bit ago, when I was looking good and in good shape, so I pretty much knew I was coming at the start of last week," said Henderson.

"There is no point coming here if I'm not fit."

But making the starting XI is a tougher challenge – not least with Declan Rice looking increasingly like the automatic choice and Jude Bellingham's development on a steep upward curve alongside him.

"With all the players involved in England throughout my career, it has always been a battle," said Henderson.

"We've had some amazing players get into that spot but, for me, it's about the collective.

"You've mentioned Jude and Declan, Kalvin, people like that have done really well over the past few years for England.

"So, for me, it's about concentrating on doing my best, whenever I'm here or at Liverpool. Whenever I do that then I feel like I can bring something to the team."

HAVING A BALL... Henderson says he is relishing the opportunities under his boss Southgate

THUMBS UP... Henderson says England have learnt from their recent major tournaments

'My dad said he was done after Paris'

FROM BACK PAGE

experiences at showpiece finals. Fan violence and hooliganism at the Euro 2020 final at Wembley forced England to play a match behind closed doors in June.

Then in different circumstances in May, Liverpool and Real Madrid fans were attacked in Paris by local hoodlums.

Premier League clubs yesterday voted for minimum-term bans for various offences at their matches, but it is clear a mixture of hooliganism and inadequate policing are frightening fans away.

"My dad said after the Champions League final that was him done," Henderson said. "When it gets closer to it, there's a lot of security elements and things that are going on in Qatar that I'm sure will make people more safe. But when you've had those experiences sometimes you think, 'Is it worth risking it?' It was pretty horrific in Paris."

FA chief executive Mark Bullingham, left, added: "I haven't spoken to the players about their concerns but clearly everybody should feel that their families can come and support them and they should not feel threatened at any game."

❑ GERMANY'S goalkeeper Manuel Neuer and midfielder Leon Goretzka look set to miss Monday's clash with England after testing positive for Covid.

TRIPPIER: Good option

Chilwell, Shaw left in lurch

By **John Cross**

LUKE SHAW and Ben Chilwell could be scrapping it out over one place in England's World Cup squad.

England head coach Gareth Southgate regards Kieran Trippier as a strong option for the left-back slot in Qatar – even though he is right-footed.

The Newcastle full-back has filled in for England on the left in the past and his versatility means that he is almost certainly guaranteed a place in the squad.

That could mean Manchester United left-back Shaw and Chelsea rival Chilwell vying for one slot in the squad.

Both have been troubled by injuries in the past few months and now face a battle to stake their claim for a place in the World Cup squad in the two forthcoming Nations League games.

❑HARRY KANE will wear a 'OneLove' captain's armband in Italy and at the World Cup as European football unites against discrimination.

"As captains, we may all be competing against each other on the pitch, but we stand together against all forms of discrimination," he said.

the game now says relaxed Grealish

view he accepts. What he does not accept is that his off-field profile – Instagram visuals of close-season holidays in Ibiza and Las Vegas for instance – reflect a lack of professionalism.

"I was just doing what a lot of other footballers are doing but just sometimes I get more attention," he said.

"I tried to come back as fit as possible and I felt I did. I know how good I actually am when I'm at my best so hopefully I can get that back but I know what I'm like and how professional I actually am."

Grealish scored inside a minute against Wolves last Saturday and is hoping to build on that during the double header against Italy in Milan tomorrow and Germany, at Wembley on Monday. He said: "Hopefully, this is the start of my season and I can just kick on from here. I am very critical of myself.

"I know that there were games, especially in the second half of last season where I wasn't at my best at all. I'll always have people on the back of me but I've just got to try and go and perform.

"There's not much you can do really. It probably affects my family more than it does me. Nowadays, people have so much to say, whether that be on social media or pundits and stuff like that.

"Its just part and parcel of the game. I've had to learn to deal with it.

"If someone was saying it like my mum or my dad, I'd listen a lot more.

"When I signed for Man City and the price that came with it, I knew it wasn't going to all be laughs unless I started the way Erling Haaland did.

"That's the only way I wouldn't get caned!"

HOW JACK THE LAD SHAPES UP

JACK GREALISH ENGLAND	COMPETITIVE	FRIENDLIES
Games Played	17	6
Games Started	7	5
Minutes Played	802	388
Goals	1	0
Assists	3	3
Total Shots	10	4
Shots on Target	2	1
Chances Created	21	10
Passes	470	212
Passing Accuracy	87.2	86.3
Dribbles Attempted	42	10
Dribbles Completed	30	5
Touches	636	287
Touches in Opp Box	65	24

My kids were in tears.. wife was relieved!

TENNIS: P54-55

FREAK WIN FOR RED ROSE

By **Darren Witcoop**

LANCASHIRE beat Essex in dramatic fashion at Chelmsford to conclude one of the craziest matches in county cricket history.

Red Rose paceman George Balderson, right, claimed a hat-trick as the visitors won by 38 runs inside two

days. The demons of the opening day, when 26 wickets fell, continued in the Division One clash yesterday. Balderson (5-14) and Will

TURN TO PAGE 53, COL 6

JACK: WHAT IS SOUEY'S PROBLEM?

By **Gideon Brooks**

JACK GREALISH has hit back at criticism from Graeme Souness and questioned whether the pundit is harbouring an agenda against him.

Souness, below, has described the Manchester City forward as overrated, says he takes too many touches and has failed to justify his big money move from Aston Villa.

But Grealish laughed off Souness's assessment, maintaining he would only pay attention to criticism if it comes from his mum or dad.

"I don't know what his problem is with me," said the forward ahead of England's Nations league clash with Italy in Milan tomorrow night. "He always says stuff about me.

"I try not to read a lot of it but it is difficult you know when he's on Sky Sports and TalkSPORT and

TURN TO PAGE 58, COLUMN 3

FOCUSED: Grealish trains with England yesterday

Jordan's dad to stay away

By **Matthew Dunn**

JORDAN HENDERSON's family are the latest to plan a boycott of games as unsavoury incidents at football matches continue to drive fans away.

England team-mate Eric Dier revealed this week that he no longer allows his family to go to away games amid fears of violence.

Now the Liverpool captain's father, Brian, a former policeman, has vowed to stay away from the World Cup in Qatar as a result of recent negative

TURN TO PAGE 59, COLUMN 3

NO WAY: Dier airs family concerns

MELTDOWN

Crisis deepens as second club on brink of collapse

By **Alex Spink**

ENGLISH club rugby was confronted by its worst nightmare last night as two of its top clubs teetered on the brink of financial collapse.

Debt-crippled Midlands duo Wasps and Worcester face going into administration and being demoted from the Premiership. Hours after the Rugby Football Union warned the Warriors they face suspension from all competitions this Monday, Wasps filed

TURN TO PAGE 52, COLUMN 4

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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

4		3			5		2	
			4			8	6	3
6			7		2		4	
	1	4		2		7		9
			5		4			
2		6		7		4	3	
	7		3		6			2
3	4	8			7			
	6		9			3		4

MEDIUM

	5		7		4		2	
3		7		5		6		9
	8						7	
7			6		9			8
	9						1	
4			1		8			7
	4						3	
9		8		1		7		2
	7		3		2		8	

DIFFICULT

				9				5
5							7	
	8	1	6			2		
					6	1	8	
			1	2	3			
	1	4	7					2
		3			2	6	9	
	9							4
1				4				

Extra clues: **0901 322 5609**
Calls cost 75p plus your telephone company's network access charge.

Today's solution: **0907 181 2573**
Calls cost 80p per minute plus your telephone company's network access charge.

QUICK CROSSWORD

ACROSS
- **7** Bower (6)
- **8** Coarse (6)
- **10** Belly (7)
- **11** Fabric (5)
- **12** Grotto (4)
- **13** Scope (5)
- **17** Suit (5)
- **18** Jetty (4)
- **22** Arm joint (5)
- **23** Indict (7)
- **24** Conflict (6)
- **25** Gateway (6)

DOWN
- **1** Plunder (7)
- **2** Acquit (7)
- **3** Mortal (5)
- **4** Steal (7)
- **5** Torment (5)
- **6** Edge (5)
- **9** Capricious (9)
- **14** Amend (7)
- **15** Impair (7)
- **16** Dispute (7)
- **19** Contort (5)
- **20** Passionate (5)
- **21** Shaft (5)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

*Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd – **Helpline 0333 202 3390***

SMALL CROSSWORD

ACROSS
- **1** Sir garret (anag.) (9)
- **7** Vehicle dashboard gauge, in short (6)
- **9** Breaks violently into pieces (7)
- **10** Fifty per cent (4)
- **12** Choose (3)
- **13** Fast stream (7)
- **14** Fossil fuel (3)
- **15** Widespread (4)
- **17** Got away (7)
- **19** Scamp (6)
- **20** Bankrupt (9)

DOWN
- **1** Busy time for travel (4,4)
- **2** Jane Austen novel (4)
- **3** Indian state (3)
- **4** Globular (9)
- **5** Stagger (6)
- **6** Proficient (5)
- **8** Exactly (2,3,3)
- **11** Wall painting (6)
- **13** Mythical giant (5)
- **16** Fronded plant (4)
- **18** Pastry dish (3)

Solution tomorrow

For today's solution call: **0907 181 2582**
Calls cost 80p per minute plus your telephone company's network access charge.

CROSS DOUBT

Target times: Average: **16 mins** Good: **12 mins** Excellent: **8 mins**

Stuck? Call for a clue **0901 322 5601**
Halve your Target Time!

Today's solution **0901 322 5607**
Both today's words in a moment!

Calls cost 75p plus your telephone company's network access charge.

Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. Solution tomorrow

D E F F I R R T U

KAKURO

Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

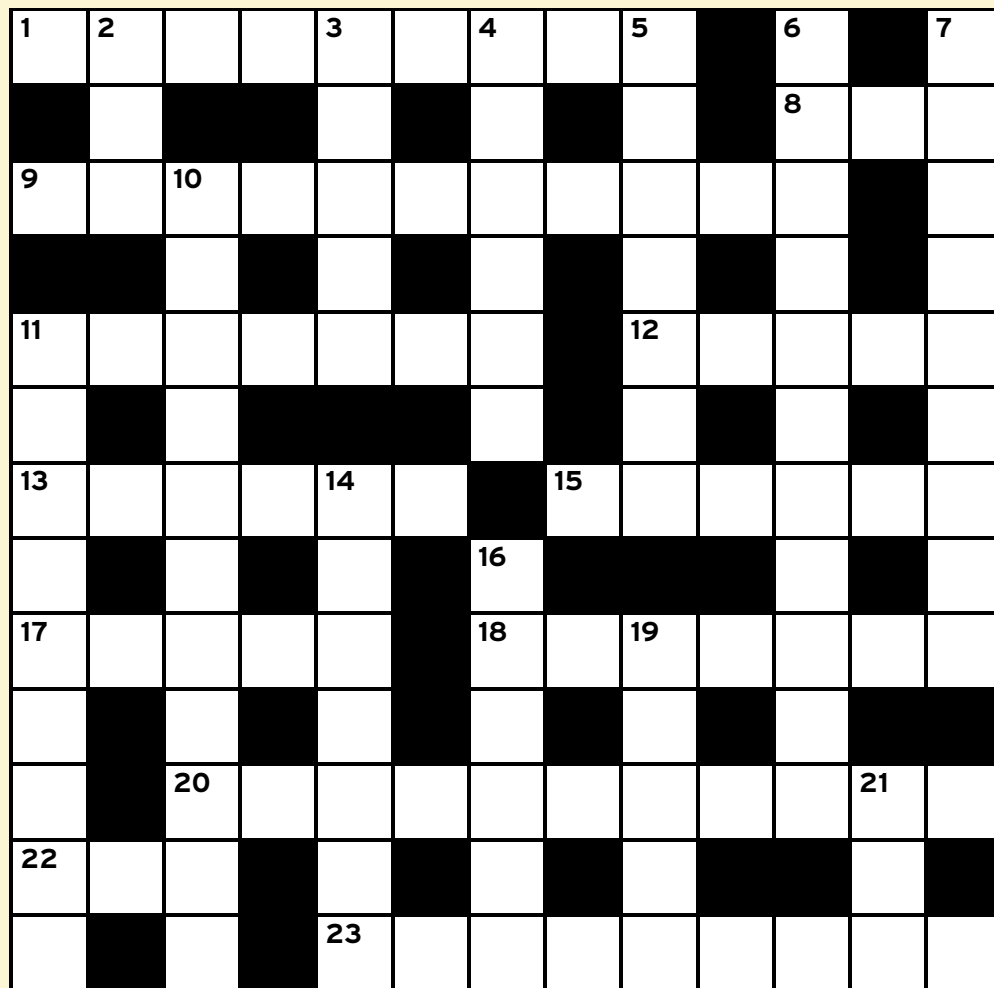
QUIZWORD

ACROSS

1 Thin protective outer layer of the skin also called the cuticle (9)
8 Computer in the film 2001: A Space Odyssey (3)
9 Gabriel Chevallier novel satirizing 1920s Beaujolais village life (11)
11 Town on the River Seine which is an industrial suburb of Paris (2,5)
12 Mr Presley, singer and film actor who died in 1977 (5)
13 Amma, British director of the 2013 film Belle (6)
15 Style of handwriting with the letters slanting to the right (6)
17 Gareth, British singer-songwriter who was the runner-up in the first series of Pop Idol (5)
18 Phil, former England Test bowler who won I'm A Celebrity ... (7)
20 Director of the 1979 film Quadrophenia (5,6)
22 The standard monetary unit of Romania (3)
23 Type of Arabian camel having a single hump (9)

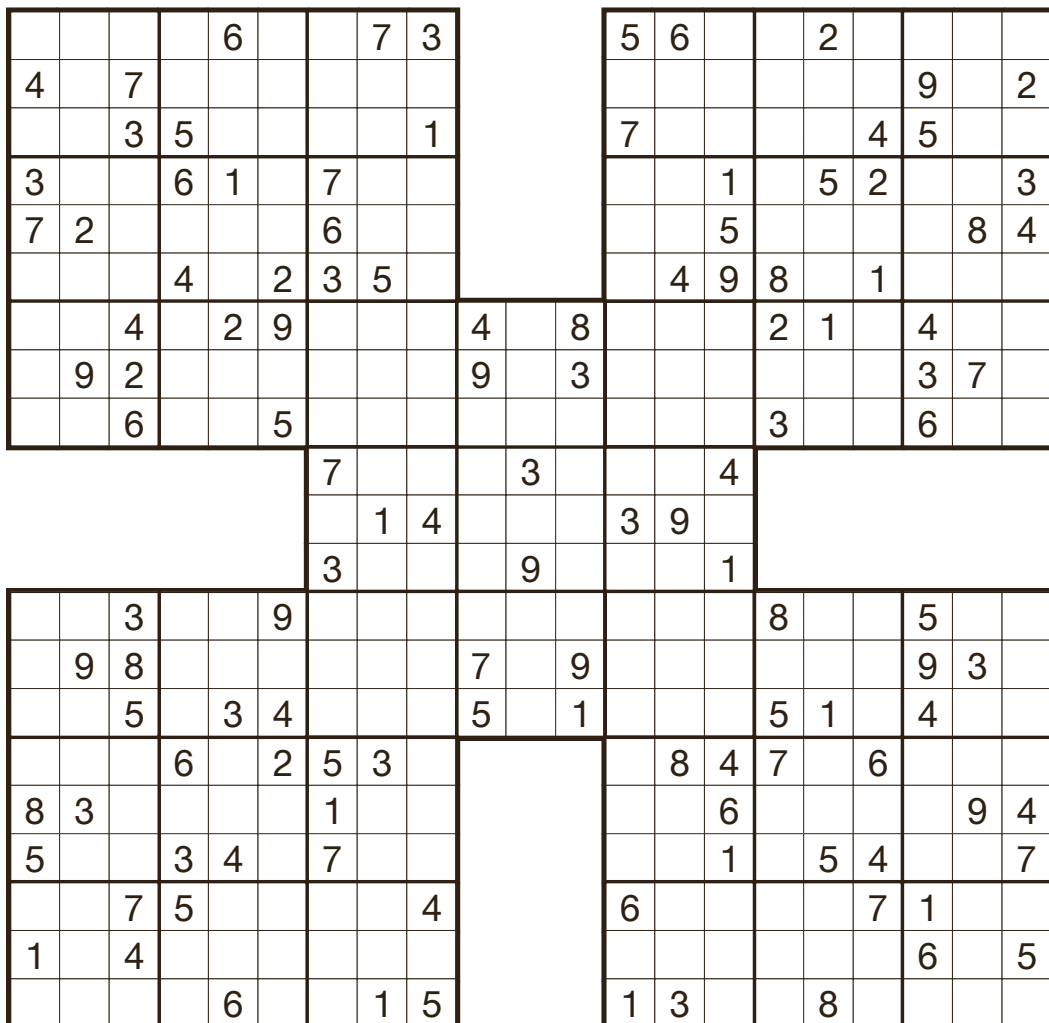
DOWN

2 Abbreviated name for the post-punk band originally fronted by John Lydon (3)
3 and 19 1911 novel by Edith Wharton (5,5)
4 Genus of tropical shrubs having ball-like clusters of yellow flowers and leaves that are sensitive to light (6)
5 Obsolete wind instrument resembling a snake in shape (7)
6 1981 Sam Raimi horror film (3,4,4)
7 Relating to the ancient Greeks and Romans or their civilisation (9)
10 Geyser in Yellowstone National Park (3,8)
11 Imaginary valley in the Himalayas in James Hilton's 1933 novel Lost Horizon (7-2)
14 Madame ---, French founder of a waxworks in London (7)
16 Weather-resistant mixture of dehydrated lime, powdered marble and glue, used in decorative mouldings on buildings (6)
19 See 3
21 Port in SW Scotland (3)

Solution tomorrow

SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow

WORD BUILDER

Answer each clue so that every word contains the same letters as the previous word, plus or minus one.

Solution tomorrow

1 Take to court
2 Snooker rods
3 Hints
4 Stipulation
5 Magnitude
6 Delicate fabric
7 Beer

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?

Solution tomorrow

QUIZWORD

Across:
1 Tereshkova,
7 Equus,
8 Ustinov,
10 Rubaiyat,
11 Moab,
13 Cobweb,
15 Joshua,
17 Tyne,
18 St Joseph,
21 Alkmaar,
22 Auden,
23 Jim Courier.
Down:
1 Thumb,
2 Rossiter,
3 Seurat,
4 Kite,
5 Van Gogh,
6 Terra cotta,
9 Vibraphone,
12 Cotopaxi,
14 Ben Okri,
16 Atyrau,
19 Ender,
20 Marc.

SAMURAI SUDOKU

1	6	2	5	3	8	4	7	9				6	2	7	3	8	5	4	1	9
7	3	9	6	2	4	1	5	8				8	5	3	9	4	1	6	7	2
5	4	8	7	9	1	2	3	6				1	4	9	6	7	2	8	5	3
9	5	3	4	1	7	8	6	2				7	6	4	8	3	9	5	2	1
8	1	6	3	5	2	9	4	7				5	9	8	2	1	7	3	4	6
4	2	7	9	8	6	3	1	5				3	1	2	4	5	6	9	8	7
2	8	5	1	7	3	6	9	4	7	8	1	2	3	5	1	9	8	7	6	4
3	7	4	2	6	9	5	8	1	2	3	9	4	7	6	5	2	3	1	9	8
6	9	1	8	4	5	7	2	3	4	5	6	9	8	1	7	6	4	2	3	5
						9	6	2	1	7	5	3	4	8						
						1	4	5	3	9	8	7	6	2						
						8	3	7	6	4	2	5	1	9						
9	1	6	3	4	5	2	7	8	9	1	3	6	5	4	3	7	8	9	2	1
4	5	2	8	9	7	3	1	6	5	2	4	8	9	7	2	6	1	5	4	3
8	7	3	2	6	1	4	5	9	8	6	7	1	2	3	5	4	9	8	7	6
7	9	5	4	2	6	8	3	1				3	1	5	8	2	7	6	9	4
6	2	8	9	1	3	5	4	7				2	7	9	4	1	6	3	5	8
1	3	4	5	7	8	6	9	2				4	8	6	9	3	5	2	1	7
5	6	9	7	3	2	1	8	4				7	3	1	6	9	2	4	8	5
3	4	1	6	8	9	7	2	5				9	4	8	1	5	3	7	6	2
2	8	7	1	5	4	9	6	3				5	6	2	7	8	4	1	3	9

SMALL CROSSWORD

Across: 1 American, **8** Floral, **9** Urns, **10** Eel, **11** Aretha, **13** Porcelain, **15** Ballad, **17** Ann, **18** Lass, **19** Near to, **20** On the hop.
Down: 1 Aquaplane, **2** Mirror, **3** Erne, **4** Ill health, **5** Coma, **6** Arena, **7** All ends up, **12** Fiasco, **14** Ronan, **15** Burt, **16** Lash.

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow

Clues: Cod, e.g. / _ Kidman, pictured; _ Travolta, pictured; Hates; Gemstone; Concluding part; Splendour and impressiveness; Earlier; Opportunity; Abdominal muscles, informally; Popular drink / Takes an interest; Wading bird; Synagogue minister; Discover knowledge; Aver; Left-handed boxer; Snake / Makes bigger; Happy and pleased / Glare; Diving waterbird / Definite article; Coils of hair; Snuggle or cuddle closely; Small cake or bread roll / Continent; Belonging to us / Army officer; Cuts into cubes; Empty talk (3,3) / _ Coe, ex-athlete; Earth mixed with water; Rush forward in attack; Atmosphere; Stitch; Aston _, English football club; Ascend; Traditional Indian dress; Expel / _ Stubbs, late actress; Proportion; Informal word for a bribe; Dog breed / Carpenter, US singer; Interment; Long garment / Funny drawings; _ May, former PM; Shipping hazard; He flew too near the sun; Used to be; End part; Fabric used as a floor covering; Of the teeth; Very happy; This place; English city; Spool; Opera song; _ the line, comply; Second Greek letter; Thin decorative covering; Well done!; Net Book Agreement (abbr.); Group of eight; Bengali language; Rule as monarch; Had food; Cold dish

WORDSEARCH

D	E	M	P	S	E	Y	P	J	F	A	F	M	B	A
M	O	I	L	A	D	A	M	M	A	H	U	M	J	T
Y	Q	L	E	V	D	R	G	R	T	N	S	K	N	T
T	H	N	Z	G	M	R	I	C	U	L	Z	J	O	O
W	I	S	O	W	C	A	A	L	V	R	S	E	S	M
R	G	C	I	M	I	G	Y	N	O	Y	K	E	N	A
E	Q	A	R	J	M	K	F	O	O	U	A	I	I	L
H	D	L	E	I	F	Y	L	O	H	E	I	G	B	F
T	M	Z	I	U	X	Q	V	I	R	A	L	S	O	N
A	N	A	Z	N	B	L	Y	B	T	E	L	M	R	O
E	X	G	A	S	A	A	K	D	L	S	M	E	E	S
W	O	H	R	O	K	H	N	E	A	H	C	A	D	Y
Y	L	E	F	C	M	F	K	K	W	P	A	H	N	T
A	P	A	C	Q	U	I	A	O	W	F	F	Y	K	M
M	A	K	S	N	T	L	M	M	B	W	A	P	E	O

FAMOUS BOXERS

Find all the terms listed below in the grid.

Solution tomorrow

CALZAGHE ● DE LA HOYA ● DEMPSEY
EUBANK ● FOREMAN ● FRAZIER ● HAYE
HOLYFIELD ● KHAN ● KLITSCHKO
LAMOTTA ● LEONARD ● LOUIS
MAYWEATHER ● MUHAMMAD ALI
PACQUIAO ● ROBINSON ● TYSON

YESTERDAY'S SOLUTIONS

QUICK CROSSWORD

Across: 1 Cable, 4 Assured, 8 Meander, 9 Bliss, 10 Ugly, 11 Fearsome, 13 Mind, 14 Lass, 16 Academic, 17 Chic, 20 Icing, 21 Mastiff, 22 Neglect, 23 Extol.
Down: 1 Communication, 2 Brawl, 3 Eddy, 4 Agreed, 5 Suburban, 6 Ruinous, 7 Disrespectful, 12 Inveigle, 13 Meaning, 15 Kismet, 18 Hoist, 19 Isle

WORDSEARCH

A	J	A	B	B	A	T	H	E	H	U	T	T	A	N
D	A	O	B	Q	D	K	N	U	V	I	S	C	T	D
O	I	I	Y	I	E	L	B	E	G	P	C	Y	A	U
Y	B	X	E	F	B	L	E	R	R	A	R	H	J	M
I	O	C	R	L	G	F	E	U	B	O	A	V	H	G
T	N	Q	E	X	S	E	O	W	M	N	L	M	C	E
T	E	M	D	K	D	S	E	R	S	D	R	Y	A	M
E	K	A	A	O	K	H	E	O	T	D	U	B	K	D
F	N	C	V	H	C	D	L	C	G	U	D	H	Y	A
A	A	E	H	B	G	O	I	M	N	P	N	B	F	P
B	W	W	T	N	N	A	V	E	R	I	K	A	I	H
O	I	I	R	U	D	O	F	S	Q	E	R	S	N	V
B	B	N	A	X	V	T	M	F	G	O	X	P	N	J
E	O	D	D	Q	U	I	G	O	N	J	I	N	N	F
O	L	U	K	E	S	K	Y	W	A	L	K	E	R	L

ARROW-WORD

	L		N		B		P		D		S				
P	A	M	E	L	A		A	B	O	U	T				
	M		R		M	E	L	O	N		R				
A	B	S	O	R	B			B	A	L	E				
		I			O	D	D		T	E	A				
W	A	R	R	I	O	R		W	E	A	K				
	S		A			A	X	E		D		I			S
C	H	I	N	A		M		P	R	E	G	N	A	N	T
		D		C	H	A	T	T	E	R	I	N	G		I
C	R	E	A	T	E		U		A		T		M	A	R
	O	A	R		L	A	B	E	L	L	E	D		P	
	P		C	R	E	W		V		O		E	A	R	S
M	E	S	H		N	E	C	E	S	S	A	R	Y		O
					M		O	N	C	E		I	R	O	N
				Z	I	N	C		A	R	I	D		R	
					R		O	I	L		R	E	B	E	L
				W	R	E	N		L	E	A		E	L	I
					E		U	G	O		T	R	E	S	S
				K	N	I	T		P	I	E		R	E	P

SUDOKU EASY

9	6	8	7	1	2	4	5	3
1	4	3	8	5	6	2	7	9
2	5	7	9	3	4	1	6	8
6	7	5	1	8	3	9	4	2
3	9	2	5	4	7	8	1	6
4	8	1	6	2	9	5	3	7
7	1	6	4	9	8	3	2	5
8	2	4	3	6	5	7	9	1
5	3	9	2	7	1	6	8	4

SUDOKU MEDIUM

6	5	8	4	1	9	3	7	2
1	3	9	8	2	7	4	6	5
4	2	7	6	5	3	9	8	1
8	7	1	3	6	4	5	2	9
9	4	3	5	8	2	7	1	6
2	6	5	7	9	1	8	3	4
3	8	2	1	4	5	6	9	7
7	1	4	9	3	6	2	5	8
5	9	6	2	7	8	1	4	3

SUDOKU DIFFICULT

8	1	4	6	9	2	3	5	7
7	9	3	1	8	5	2	6	4
5	2	6	4	3	7	9	8	1
2	7	5	9	6	1	4	3	8
6	8	1	5	4	3	7	9	2
4	3	9	7	2	8	6	1	5
3	5	7	2	1	9	8	4	6
9	4	2	8	5	6	1	7	3
1	6	8	3	7	4	5	2	9

BATTLESHIPS

KAKURO

		3	2	1			1	2
	7	9	8	6	3		3	1
	2	8			5	9	7	
	1	7		2	1	3		
			8	9	2		2	8
		2	1	8			5	9
	2	1		5	4	2	1	3
	1	3			9	1	3	

KEIJO

TARGET

GREENGAGE
anger earn engage enrage gang ganger gean gene genre gran grange green GREENGAGE nagger near ranee rang range renege

THE ALPHAPUZZLE

Across: Costing, Besom, Prize, Outward, Baffling, Only, Emerge, Joshed, Haul, Collects, Village, Swami, Royal, Sleekly.
Down: Capable, Haver, Stiff, Equally, Ideology, Nail, Ground, Boxers, Bats, Coalesce, Staunch (clue), Crack, Muddy, Destiny.

THE ALPHABEATER

Black squares: 2, 4, 9, 10, 13, 15, 17, 22, 26, 27, 31, 32, 33, 35.
Across: Fourth, Estate, Shaman, Tequila, Nyala, Khaki, Rocky, Strings, Jocund, Barque, Throws.
Down: Fishing, Snobs, Fray, Aperture, Waking, Rink, Jet, Trays, Hex, Ajar, Squirm, Vampiric, Dubs, Zebra, Synodic.

CROSS DOUBT

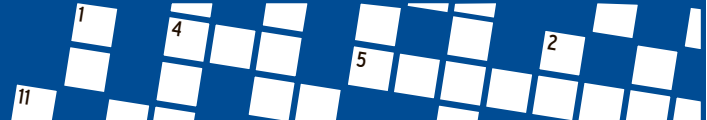
Across: SYRUP
Down: HONEY

SUMMIT UP

84 and 104

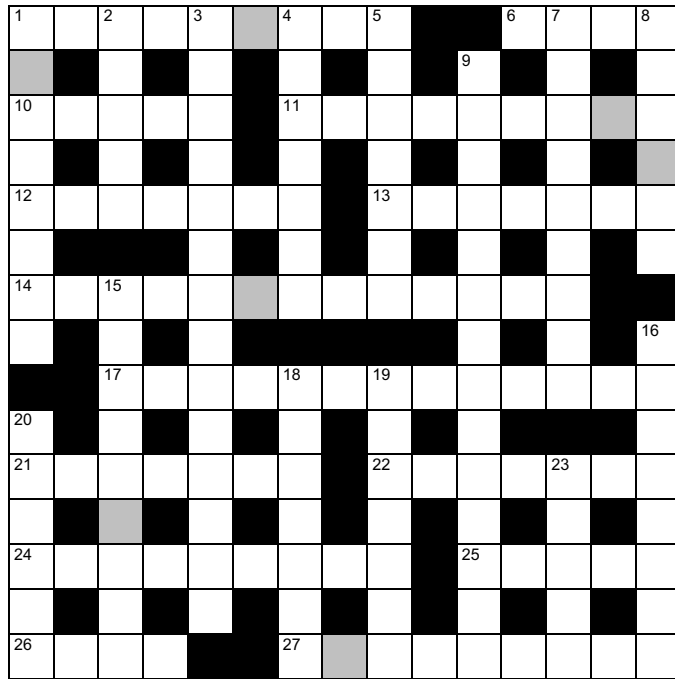
WORD BUILDER

Par, Rasp, Carps, Cramps, Scamp, Caps, Sap

Puzzles

CRUSADER PRIZE CROSSWORD

WIN £100 CASH

ACROSS
1 Wise man, naive in the shade (4-5)
6 Idiot to have wife exchange (4)
10 Decor gingerly includes dog (5)
11 Lack of bravery making bully order a cider (9)
12 The others craft another beginning (7)
13 Rambling rose, but more dull (7)
14 Mother, terribly active, has a form of energy (13)
17 Red mitten upset friend in a hurtful way (13)
21 Woman has clan moved to foreign territory (7)
22 Uncle doesn't finish, and youth doesn't start, being coarse (7)
24 Get angry at church painting used in presentation (4,5)
25 Finish nothing with supply (5)
26 Always in same version (4)
27 Trendy, yes, developing an infection (9)

DOWN
1 Guarantee safety (8)
2 Soldier rules - odd characters are youngsters (5)
3 Get in and attend magician's assembly (4,10)
4 Former spouse quoted as being thrilled (7)
5 Possess amphibian before redevelopment (3,4)
7 Claim wish turned out to be playful (9)
8 Author to attempt an art form (6)
9 Subject to miserly average (10,4)
15 One cinder in treatment of a gland (9)
16 On the hard shoulder, incidentally (2,3,3)
18 Diamonds come down to the country (7)
19 Same trial endlessly corresponds (7)
20 Flies ruined English picture (6)
23 Defence group expected to be extreme (5)

FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** and leave your answer and details. Calls cost £1.50 plus your telephone company's network access charge or text **DXCRUS** followed by a space, your answer, name and address details to **88833**. Texts cost £1.50 plus your standard network rate. Lines close at midnight tonight. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, September 22, PO Box 12578, Sutton Coldfield B73 9BT. Entries must be postmarked by September 23 at the latest, SP: Spoke – 0333 202 3390. For any postal enquiries, call helpline number. An extra day is given for postal entries during bank holidays.
● *The winner will be the first random correct entry drawn from all entry routes after the closing date of September 29. The Editor's decision is final.*

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME
ADDRESS

POSTCODE

TUESDAY'S SOLUTION
ACROSS: 1 Push, 3 Air hostess, 9 Pump, 10 Candelabra, 11 Reciprocate, 15 Harrowing, 17 Sonar, 18 Salvo, 19 Meatiness, 20 Parentheses, 24 Collegiate, 25 Ha-ha, 26 Decree nisi, 27 Meme. **DOWN:** 1 Paper chase, 2 Semicircle, 4 Idaho, 5 Hydrangea, 6 Silversmith, 7 Elbe, 8 Sham, 12 Photosphere, 13 Interstate, 14 Grass snake, 16 Immersion, 21 Notes, 22 Iced, 23 Bloc. **Prizeword:** Rheostat

TARGET

P	N	P
E	A	I
H	N	G

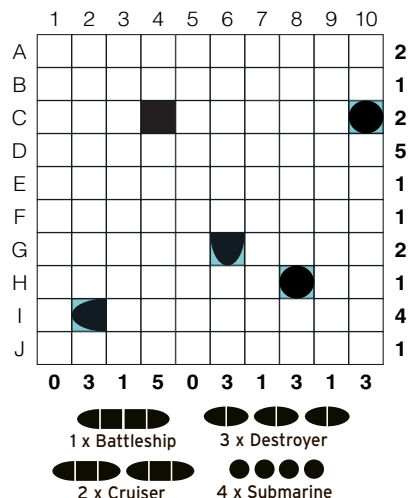
● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted'.

TODAY'S TARGET
Good 12; **very good** 18; **excellent** 23 **(or more).** **Solution tomorrow**

Call **0907 181 2585** for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.
Solution tomorrow

THE ALPHABEATER

TARGET TIME: 36 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

3	13	35	24	29	20	14	21	35	27	37	30	36
20	38	13	18	10	34	31	8	2	9	13	8	40
12	13	24	19	40	35	14	16	24	21	13	18	2
12	27	40	21	32	14	30	2	40	14	33	13	19
24	31	2	38	39	6	34	23	33	16	23	21	9
11	15	8	13	13	1	2	27	13	7	20	25	24
20	18	2	23	2	28	20	16	40	38	39	6	35
39	13	29	2	26	11	9	3	24	17	40	14	23
22	10	30	32	24	6	40	18	17	31	24	10	3
36	19	5	24	9	2	11	9	27	30	1	6	14
24	11	20	4	40	31	9	25	24	7	24	2	8
8	20	19	15	2	29	28	24	4	32	9	4	20
2	32	29	10	29	16	13	1	2	8	40	20	26

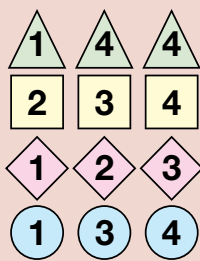
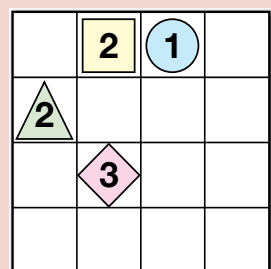
A ~~B~~ ~~C~~ D E F G H I J K L M N O P Q R S T ~~U~~ V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
			■		■														

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
													B		U			C	

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT to 64343.** Texts cost £1 plus your usual operator rate

KEIJO

1 4 4
2 3 4
1 2 3
1 3 4

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.
Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. **Solution tomorrow**
DIFFICULTY: 7/10; **TARGET:** 23 mins; **CLUE:** Dad embraces boat for jacket.

24	■	19	■	3	■	■	■	16	■	24	■	24
3	9	9	12	10	19	■	16	2	3	13	19	8
14	■	13	■	3	■	19	■	13	■	11	■	3
12	21	7	24	2	12	15	■	7	13	8	2	19
9	■	1	■	11	■	3	■	7	■	2	■	8
8	6	8	22	■	3	26	13	9	8	■	■	■
19	■	2	■	7	■	1	■	8	■	25	■	11
■	■	■	9	3	23	8	11	■	7	21	16	8
19	■	15	■	17	■	7	■	15	■	3	■	20
15	3	2	18	3	■	7	4	2	3	22	22	4
3	■	13	■	16	■	13	■	12	■	7	■	13
2	8	24	3	9	9	■	3	21	7	21	5	22
8	■	8	■	8	■	■	■	11	■	5	■	26

A ~~B~~ C D E F G H I J K L M N O ~~P~~ Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13

14	15	16	17	18	19	20	21	22	23	24	25	26
	P	B										

EXTRA LETTER CLUES: 0907 181 2568 **Calls cost 80p per minute plus your telephone company's network access charge* (Hear up to six Extra Letters, deduct two minutes for each clue letter heard). *Alternatively, for six extra letter clues direct to your mobile, text* **DXALPHA** *to* **64343.** *Texts cost £1 plus normal network operator rate.* FULL SOLUTION: **0907 181 2565**;
ACROSS ONLY: 0907 181 2561; DOWN ONLY: 0907 181 2562.

THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 36; INTERMEDIATE = 306; ADVANCED = 234.